Counseling Newsletter

November 2026

Upcoming Dates

11/3 - All during FLEX:
KCTC Virtual Visit
Grand Canyon University
Marines
11/5 - All during FLEX:
KCTC Virtual Visit
Trine University
Northern Michigan University
11/10 - Michigan Tech
Northwood University
11/12 - Lake Superior State University
UFP Business School
Douglas J Aveda
11/19 - Oakland University

ADHD & Screentime

Partnership between home and school is key to supporting our students' emotional well-being. We've featured a fantastic podcast episode from the *ADHD Parenting Podcast* focused on screen time and its impact on the developing brain - especially for neurodivergent youth.

This episode, "What New Research Says about Screen Time & ADHD (And Why Online Advice Gets it Wrong)," offers easy-to-understand advice, evidence-based research, and practical tools. It's a must-listen for parents of kids with ADHD and a helpful resource for all caregivers navigating screen habits!

KCTC Virtual Tours

Sophomores and Juniors,

This year KCTC invites you to an all new virtual tour! If you are interested in attending KCTC your Junior or Senior year, you must **complete the following steps.**

Step 1: Fill out this interest survey, to see which pathway(s) you are most interested in.
Step 2: Vist the virtual tour. Explore! We want you to take time, and watch these videos.
Step 3: Fill out the completion survey.
***This must be submitted in order for this to count as a visit. Remember that a visit is required in order to enroll.**

Starting in January, KCTC will open their doors for tours of specific pathways. This opportunity to visit there will only be available to those who have completed the virtual tour and survey by November, 20. If you are wanting an in person pathway visit, please complete this form.

Also, KCTC will host open houses on February 3 & 4, from 5:00-7:00pm. This serves as another opportunity for a visit, and one that parents can attend too.

If you have any questions, please stop down to see Mrs. Van Dam in the counseling office.

From the Kent ISD:

Career Chats: The Kent ISD offers a weekly series of 30-minute live, virtual career conversations that will highlight professions in a variety of career pathways, giving students the opportunity to learn more about a career of interest, or to explore new options. Professionals will share their own career path, along with valuable industry insights. Students can ask their own questions!

All Career Chats are virtual from 3:30-4:00pm

See the full schedule and register **here.**

Workforce Development Calendar: In addition to Career Chats, the ISD also has a variety of workforce development opportunities. **This** website is always updated with the current and upcoming events!

2027-2028 FAFSA

The 2027-28 FAFSA Form is Available!

Did you hear? The 2027-28 Free Application for Federal Student Aid (FAFSA®) form is available now at fafsa.gov. Most students can complete the form and see their results in 15 minutes or less.

Additionally, the following resources are available to assist in completing the FAFSA:

-How to Create a StudentAid.gov Account Guide: This step-by-step guide is easy to print and share.

-2027-28 Preview Presentation: This guide to completing the new online FAFSA form will familiarize you with what's new and common user scenarios. The presentation can be used as provided at a FAFSA completion event or modified as needed.

Emergency Mental Health Resources:

Suicide hotline: 9-8-8 (free, anonymous, available 24/7)

Trevor Project 1-866-488-7386 (call, text or online chat)

Network 180- (616) 336-3765 The Access Center remains open 24/7

Text "nice" to 741741

Mental Health Resource Guide