



Counseling Center Newsletter



Copper Hills Hope Squad

From the Counseling Office—Derek Bennett

Here at Copper Hills, we value each student and as a counseling department we do our best to reach out to all students. We reach out through college and career readiness meetings, group counseling, classroom presentations, college tours, graduation credit checks, participation in Hope Squad activities, and much more.

Specifically, our Hope Squad here at CHHS is in place to help those students who are struggling with depression and suicidal ideation. Those two topics can be difficult to address at home, at school, or in peer groups. Our goal is that through counseling efforts and Hope Squad, we create an environment where our students feel comfortable meeting with a counselor to talk about issues they, or someone they know, might be having.

Through Hope Squad, we try to empower students with skills to better help their peers and refer those who might be struggling to the counseling center. Twice a month, we have meetings where we provide instruction on various topics including information on: QPR (Question. Persuade. Refer.), understanding warning signs of someone struggling, stress management, community resources, and more.

As part of Hope Squad, we don't encourage our students to act as counselors, we do however hope they can be a support to someone in need then refer their peer to a counselor

so we might follow up and address any concerns.

Hope Squad meetings are taught by counselors and others who are trained to address difficult topics. We use a community prevention model which includes: collaboration with mental health professionals, community resources, schools, and individuals living within our district. District representatives are willing to provide QPR training to organizations and groups in the area.

Aside from the meetings during lunch we will host a Week of Hope at the end of March (25th-30th) where we will educate students and community stakeholders on mental health issues. That week will culminate on Saturday (30th) with a Hope Walk, bringing mental health awareness to our community.

We understand teens aren't alone in their struggles with mental health and in promoting positive mental health. We encourage anyone who might be struggling to reach out to someone they trust and get the help they need.

For more information on Hope Squad, please visit www.hope4utah.com and for anyone who might be struggling now, or at any time, call the suicide helpline at 800-273- TALK (8255).

Sophomore Group CCRs

Counselors have been meeting with Sophomore health classes to review important graduation information, and options for make up credit.

Students were given the opportunity of identifying two possible career goals, discuss the differences between one year certificate programs, two-year Associates Degrees, and 4-year Bachelors Degrees.

Counselors also provided information about Concurrent Enrollment, scholarship database links, ACT testing materials, and the Honor Cord program.



StepUp Resource

Sign up for the brand new College Readiness Texting Program by texting "StepUp" to **77453**.

Homeroom

Homeroom takes place on Monday mornings. Take a minute every week to ask your student about what they did in Homeroom.

Here is what we learned about in December:



- ◆ We did grade checks—students were able to get a progress report on current grades.
- ◆ Pre-ACT lesson to prepare Juniors for the Free ACT test in February
- ◆ Spirit of Giving lesson to get in the mood for a charitable holiday season.

Juniors will take the ACT for Free on February 20th Registration will take place during junior History classes

Distinguished Young Women Scholarship Program for Junior Girls

Distinguished Young Women (DYW) is a nationwide scholarship program for Junior girls in high school. It was formally known as America's Junior Miss, and is the longest running and largest scholarship program in the nation. The DYW program is a non-profit and there is no participation fee for the girls.

We provide interviewing, public speaking, and healthy eating workshops for the girls. The slogan for DYW is 'Be Your Best Self'. Throughout the time in which the girls participate, we instill the importance of everyone to perform to their best ability. As part of Be Your Best Self, each girl was part of a service project that benefited our community.

The night of the program, each of the girls are judged on their scholastic achievements, a 10 minute interview, a 90 second talent selection, answering a question on stage and a fitness routine.

The money that is presented to the contestants is donations that are given to us from the community.

At our local level this year we had 13 participants from throughout southern Salt Lake County, and we handed out \$5,400 worth of scholarship money. Four representatives were chosen to go onto the state level to compete for more scholarship money and the chance to participate in the national program. At the state program, \$50,000 in scholarship money was dispersed to the participants.

If you are a female in the Junior class...

There will be an information session about this program during Grizzly Opts. on January 22nd in the Tech Atrium.

Junior College Tour—Coming to Copper Hills

All Juniors will be excused from classes to attend UHED presentations, held at Copper Hills High School. Students should come prepared with his/her top three college choices. This is a great way for students to learn what each school has to offer, without traveling across the state. Bringing a list of questions is helpful and students will be able to receive contact information for representative to stay in contact for future questions.

Utah Higher Ed Day

Thursday, January 24, 2019

Schedule:

8:00 – 8:40 Welcome and Financial Aid
(all seniors meet in Auditorium)
8:45 – 9:15 Session I
9:20 – 10:50 Session II
9:55 – 10:25 Session III

Participating Utah Colleges and Universities:

Brigham Young University
*Brigham Young University-Idaho
LDS Business College
College of Eastern Utah—USU
Dixie State College
Salt Lake Community College
Snow College
Southern Utah University
University of Utah
Utah State University
Utah Valley University
Weber State University
Westminster College
*Colorado Mesa College

**These schools may be represented.*

Honor Cords

Access Honor Cord Information @
<http://copperhillshigh.org/academics/honor-cords/>

Senior Only Important Date:

March 29, 2018—Final applications due directly to Honor Cord Leads by 3:00 pm.

January Calendar

Items:

Jan 11: Regular ACT test registration due for Feb 9th test date

Jan 24: UHED for Juniors

Upcoming:

Feb 1: Final Regents Scholarship application due

Feb 22: Distinguished YW presentation

Feb 28: Junior Girls State Interest forms due to Alicia Summers

Copper Hills High School

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Hours:
11:30 am—3:00 pm M-F

**Copper Hills
Website**