

# imPACKtful

## WHAT'S IN THIS MONTH'S ISSUE

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## Counseling Office News

**YOUR FUTURE IS BRIGHT** 

September is Suicide Prevention Month. In an effort to raise awareness, we will be hosting a special "yellow out" football game on Friday, September 8th. Mountain Crest and Green Canyon are uniting to bring awareness to suicide prevention by inviting all fans to wear yellow. The game will be at Green Canyon at 7 PM.

Green Canyon will be selling yellow shirts with the Wolfpack logo and the message "your future is bright", the theme of this year's HOPE Squad. Students can purchase these shirts at lunch on Friday, September 8th. Any shirts not sold will be available to purchase during the game that evening. (While supplies last).

We want to invite ALL in the community to participate in this special night to spread a message of HOPE. Every life matters!

**Green Canyon High School Counselors**

Deedra Hinds: A, J, P-R, Max Jones: B - D, Grant Calverley: E - I, Clint Fullmer: K - O, Jennifer Hartman: S - Z

## Coming Up...

September 1: Sterling Scholar applications available in the Career Center.

September 4: Labor Day, No School

September 5-8: Rush Week in the gym during PACK. Explore GC clubs

September 8: Yellow Out Suicide Prevention Football game @ 7

September 9: Ignite the Light @ 7 PM Cache County Fairgrounds [link](#)

September 8-14: Yellow Ribbon Week

September 22: Professional Development, No School

Sept 26-Oct 3: Sterling Scholar Interviews

Mark your calendar...

Oct 4 - Oct 6: Utah College Application Week. (Students can apply to Utah colleges for little to no cost )

[Green Canyon High School Calendar Link](#)

[Follow us on Instagram @ggc.collegeandcareer](#)

**For information about drivers ed, follow the link below.**

[Green Canyon Driver's Ed](#)



## Message to Seniors

Seniors, you're on the brink of an exciting chapter in your lives, a time when you'll embark on the journey of adulthood. Whether you're headed to a university, junior college, technical school, or stepping into your career, we're here to provide the guidance you might need.

Over the next few months, keep an eye out for important dates and events that will provide valuable insights and support for your journey. To kick things off, we invite you to explore the upcoming Utah College Application Week in the link below.

[Utah College Application Week \(UCAW\)](#)

*\*Senior check ups will be held in September and October. You will meet with Kylie Stoddard, our College Access Advisor, or your school counselor to learn the next steps after high school. Information will be sent out soon.*

# Wolfpack Testing



## WHAT IS THE PSAT?

The PSAT is a standardized test that 11th graders (and some 10th graders) take in October. It is a preliminary SAT. Like the SAT, it measures the knowledge and skills in reading, writing, and math.

How do students benefit from taking the PSAT?

1. The PSAT will familiarize students with the test questions and format of the SAT
2. You'll get a "dress rehearsal" for the SAT test day
3. Your PSAT results can guide your test prep
4. Colleges will not see your score
5. Your PSAT score may qualify you for a National Merit Scholarship
6. Colleges might try to recruit you

The PSAT will be administered on October 11, 2023. Students can register for the test in September by contacting their counselor or Julie Adams. The cost is \$20 paid to the financial office. Feel free to contact Julie at Julie.Adams@ccsdut.org if you have any questions.

$$ax + by = c$$



## ACT



$$a^2 = b^2 + c^2$$

Its not too early to think about the ACT! For testing dates follow [this link](#). To learn how you can get the most out of the ACT, click [ACT 4 year high school checklist](#)

**shmoop**  
ACT TEST PREP

FREE ACT Prep

## Shmoop Link

Once you go to Shmoop site:

1. Scroll to select Green Canyon
2. Select login or create a student account
3. Enter the magic word **HONEY**
4. Take the diagnostic test to highlight strengths and weaknesses

If you have questions reach out to [autumn@shmoop.com](mailto:autumn@shmoop.com)

If you would like to take an ACT test prep class through BYU buzz, the cost is \$27.50. To sign up see your counselor!

YOUR FUTURE IS BRIGHT

# Mental Health Minute

Follow

@gchshopesquad on Instagram

SAFE UT

988 SUICIDE & CRISIS LIFELINE

Safe UT website Prevention Crisis Line

## 4 Step Approach To Practice

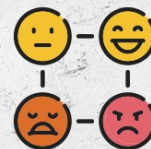
# EMPATHY



PersPective taking, or Put yourSelf in Someone else's Shoes.



Stay out of Judgment and Listen.



RECOGNIZE EMOTION IN ANOTHER PERSON that you have Felt before.



COMMUNICATE that you recognize that EMOTION.

SOURCE: DR. BRENE BROWN

IMAGE: JACOB MORGAN