



## GUNN'S WEEKLY NEWS UPDATE

October 15, 2017

### [Edición española](#)

Dear Titan Community,

As the days are getting shorter, it is common for us to feel more tired. As well, some of us experience greater stress during this time of year, please remember to take time to “recharge your life batteries.”

### **College & Career Corner** (12th grade focus)

Common App: Nov. 14th (during Flex)

UC/CSU App:, Nov. 2nd, Nov. 14th, Nov. 28th (all during Flex)

Mrs. Kirsch is now seeing juniors (all appointments in October are now full--book early for Nov/Dec) If you want your student to conduct the junior meeting without you, please let Mrs. Kirsch know. All scheduling of the junior appointments is through Mala. **Simply call 804-1287** and leave your name, your student name and the best period for your student to miss a class. You will be called back to confirm a date and time. On your scheduled date and time, please show up at the College and Career Center.

Please visit our [College and Career Center webpage](#) for the information and resources to support you with post-high school planning ( you can always find it off of the Gunn HS home page under the “Academics” tab. We want to point out two new postings: U of Minnesota in the public and Wash U in the private college folder. Both are worth the read.

If you are a senior and still need assistance, send an e-mail to Mrs Kirsch to see what is possible. Oral interviewers are available now.

College Fairs-- Keep a look out for future fairs at Cow Palace and West Valley locations; we will be posting information here as it becomes available.

### **Save the dates!**

**Oct 21-** SJSU hosts and Engineering event from 9-12 for students to get to know them.

Oct 26-- FAFSA workshop from 6-7:45 at Jewish Family Services in Palo Alto--bring a laptop!

**Oct 25** *Colleges and Career Day at Google for Deaf and Hard of Hearing.* 9am to 2 pm at Google Headquarters in Mt View. [www.rit.edu/ntid/ccd](http://www.rit.edu/ntid/ccd)

**Jan 14** National Portfolio Review day in SF at Calif College of the Arts. See [portfolioday.net](http://portfolioday.net) to get specific details. This should be done starting in sophomore year to be sure you understand what needs to be in it and to gain more info on the impact of this event in art school selection.

### **College Visits** (11th and 12th Grades)

Colleges continue to visit Gunn. To see which colleges are coming, please check your Family Connection account for details. To be able to attend one of the sessions, sign up at least 24 hours in advance through Family Connection. Students should make arrangements with their teachers if the college visit leads to missed class time. Please note that when the seat count says the session is full, **it is full**; unfortunately, no more students can be added.

If your plans include visiting college campuses, please take note of the [attendance procedures](#) should the visit require missing class time.

**Applying EARLY:** Remember to read the rules carefully as some changes have happened. There are primary rules and exceptions. Always be sure to have more than one application fully done as if you do not catch that early as you hoped, you will have several other quality applications still in play.

### **Senior Conferences (12th grade)**

Senior Conferences continue through October and November. If your student has already had their conference and their College List changed, please have them notify their counselor.

### **Wellness Center Updates**

Questions have been arising around when parents should be concerned about their child's mental health. Below are a few general guidelines for typical and concerning behaviors in terms of student mental health. We also want to remind you that you know your student best!

#### Typical Behaviors

- Less desire to be with family, more time with friends
- Interest in romantic relationships
- Interest in alcohol and/or drugs
- Showing more independence
- Conflict with parents
- Questioning authority
- Questioning traditions and cultural assumptions
- Moodiness; rapid changes in moods
- Increase in risk-taking behaviors

#### Concerning Behaviors

- Isolation / Withdrawal
- Substance / Alcohol Abuse
- Acting out sexually
- Acting out aggressively
- Self-harming behaviors
- Extreme weight changes
- Running away
- Suicidal thoughts or attempts

### **SELF (9th Grade)**

This coming week, students and mentors will be working through an important and impactful lesson about "Reviving Digital Zombies." Students will understand the neurological basis for evaluating their personal use of technology, focus in on the importance of eye-contact for effective communication (i.e., "looking up" from their devices), and consider what a "Digital Diet" and its potential benefits might look like.

### **Support PiE**

Thank you to all that have supported Partners in Education (PiE). The donations to PiE continue to support many programs at Gunn, including our guidance department. Your donations have made a difference for all students at Gunn.

Thank you for the continued support and engagement,  
Mike Heffner  
Assistant Principal  
Gunn High School