COLLEGES VISITING SANTA BARBARA:

PEPPERDINE UNIVERSITY
   · Monday, October 14 at lunch in College and Career Center

HAMILTON COLLEGE
   · Tuesday, October 15 at 7:50am in College and Career Center

SEATTLE PACIFIC UNIVERSITY
   · Friday, October 18 at 7:50am in the College and Career Center

DUKE UNIVERSITY
   · Friday, October 18 at 3:15pm in the College and Career Center

Parents of 9th Graders:
   On October 16, your student is to report to the Main Gym by 8:20 a.m. and will stay with
   us until 11:45am for a day packed with academic, college and career exploration.

Parents of 10th & 11th Graders:
   Your student will take the PSAT on October 16, with a start time of 8:20am SHARP and
   a release time of 11:45am.

Parents of 12th Graders:
   Mrs. Carpenter will host a series of college application workshops that students are
   encouraged to attend. Parents are also welcome to join us. We will have access to computers
   for these workshops. Students are welcome to bring their laptops if preferred.

Wednesday, October 23 during Cardinal Time (11:17am – 11:40am)
   Common Application Workshop
   College & Career Center

Thursday, October 24 during Cardinal Time (11:10am – 11:40am)
   California State University (CSU) Application Workshop
Thursday, November 7 during Cardinal Time (11:10am – 11:40am)  
University of California (UC) Application Workshop

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<th>College/Scholarship App Deadline</th>
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MENTAL HEALTH FIRST AID:  
Many of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the least, call 911. But few of us would know how to respond if we saw someone having a panic attack or if we were concerned that someone might be struggling with substance use.

The YOUTH MENTAL HEALTH FIRST AID program teaches participants to recognize warning signs and understand the risk factors for mental health and substance use; providing strategies for how to help someone in crisis and non-crisis situations, and how to connect youth to appropriate care.

Students in our community need all of us! Join the movement in Santa Barbara County to support students by becoming more aware, informed and empowered to help.

Family Service Agency, the Mental Wellness Center, and the YouthWell Coalition have partnered to bring YOUTH MENTAL HEALTH FIRST AID certification classes to Santa Barbara County.
Please save the date:

WHAT: Youth Mental Health First Aid  
WHO: Offered to parents, teachers and staff  
WHERE: Bishop High School  
WHEN: Saturday, January 11 from 8:00am-4:30pm

Lunch will be provided.  
Registration details are forthcoming.

10th-12th grade students will be given a similar training program during school in the month of January.

Rya Carpenter  
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College Counselor  
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