



STEVENS HIGH SCHOOL

January-February 2023

Student Services Center

Upcoming Events:

1/9/23 Dual Credit courses begin for ONLINE classes

1/16/23 No School

1/18th -20th FINALS

1/23/23 Last day to drop WDT DC courses w/o penalty

1/23/23 No School

2/21/23 Registration information night for incoming freshman

2/22/23 Registration information for SHS Fall 2023 during Grad Time

2/28/23 Fall Registration for freshman (ComApps class)

3/1/23 Fall Registration for sophomores (Intro - Pathways class)

3/2/23 Fall Registration for juniors (English class)

3/8/23 PreACT testing (freshman and sophomores)

3/8/23 ACT testing—all Juniors

UPCOMING ACT DATES:

February 11, 2023

April 15, 2023

*FREE PRACTICE MATERIALS IN STUDENT SERVICES AND AT SDMY-LIFE.COM

Dual Credit Spring 2023

- January 9: All (BOR and WDT) courses begin (except those taken at SHS)
- January 18: Last day to drop BOR DC course with full refund (i.e BHSU, SDSU, USD)
- January 23: Last day to drop a WDT course without penalty
- January 24: DC courses at SHS begin with new semester

Finals January 18-20

Tips for preparing for finals:

1. Prioritize the tests that matter the most
2. Understand the test formats
3. Plan ahead—do not cram the night before
4. Make a study schedule you will stick to
5. Practice! Use practice tests and quizzes when you can
6. Avoid multi-tasking—turn off your phone
7. Attend all class reviews—if your teacher is offering review or study sessions, take advantage of them!

January is Mental Wellness Month

It's that time of year when everyone is thinking about New Year's resolutions. The most common is to lose weight, exercise more, get organized, and learn a new skill or hobby. Other common resolutions focus on family, travel, and having more fun. But what about resolutions for mental wellness? To kick off the year, celebrate January Mental Wellness Month for better mental health and well-being for all of 2023.

Mental wellness refers to how you invest in your mental health. It is all the actions you take to ensure your mental health needs are being met and maintained. Mental wellness can include the following:

- Setting mental health goals and the steps to help you achieve them
- Volunteer or give back to the school or community
- Meet with a mental health therapist to learn more about yourself
- Attend a peer support group
- Practice self-care, such as mindfulness, stress management, quality SLEEP
- Engage in healthy relationships at work, home, school, and socially
- Avoid mental exhaustion

Registration for 2023-24

Registration information presentations will begin February 21 (schedule is on the left). February Grad-Time will focus on information about courses and registration. Administrators and Counselors will be visiting classrooms beginning February 28 to assist students with the registration process.

School Counselors

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<http://stevens.rcas.org/our-school/school-counseling-and-advising/>

