

Class of 2024

October Newsletter 2023



IMPORTANT DATES:

Oct. 20th: Dane Hansen
Scholarship Deadline for Tech
Schools in Kansas

Oct. 23rd: After School Credit
Recovery Starts

Oct. 25th: Scholarship
Bootcamp

Oct. 30th: College and Career
Fair at Central

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October 25th "SC Scholarship Bootcamp" for Seniors and Parents at 7 pm: During the presentation, a \$1,000 scholarship to 1 senior (random drawing based on who attends).

<https://docs.google.com/presentation/d/1l-hq-49IXcILPI4ZNAWF8-QmJ0Mdn94pezrQNTLGzzw/edit?usp=sharing>

The College Planning Conference on October 30, 2023 at SCHS! Students will visit with colleges, industry leaders, and armed forces recruiters from 8:30am-9:15 am.

SC Scholarships coming Due in October:

<https://docs.google.com/document/d/13p5kVi-d6uV7G06ImkuTYmTTiZguHodppL5Gs3xFBio/edit?usp=sharing>

Central's counseling theme
for **October** includes:

Positive Self Talk

Positive self-talk is an internal dialogue that makes a person feel good about themselves. A person can use positive self-talk to think optimistically and feel motivated. Positive self-talk is a natural cognitive process. People might engage in self-talk more when they face obstacles or challenges and may use it either silently or speak to themselves out loud. Identifying negative self-talk is the first step toward thinking more positively. Encourage your students to improve their mental health by identifying negative self-talk and replacing it with positive self-talk.