

# Counseling Newsletter

DECEMBER 2024

## Upcoming:

12/10

Flex College Visits

(Muskegon Community College)

12/12

Flex College Visits

(Douglas J. Aveda)

KCTC Criminal Justice  
Information Session Flex

12/17

Financial Aid/Scholarship Flex

## NCAA Information:

Are you a student athlete that is considering playing at the collegiate level? If so, there are important steps you need to take to ensure your eligibility. Student athletes in all grade levels should review the attached document for step by step instructions on how to create an account and for more information on the process.

For additional NCAA resources, please refer to the [NCAA Eligibility Center](#).

## Would You Like to Host an Exchange Student?:

Have you ever thought about hosting a student from another country? Here is a wonderful opportunity for your family! This unique experience is a great way to learn about different cultures and teach others about ours. As a host family, you would not just provide a room to sleep, a place to study, and meals when you are together. The family must be willing to open their hearts and home. Students arrive in August and return to their home country in June. Each student arrives with their own spending money and insurance. If you have any questions or are interested in learning more please reach out to Haley Marshall, via email or phone. She would love to give your family the experience of a lifetime! [Haley.g.siebert@gmail.com](mailto:Haley.g.siebert@gmail.com)

616.780.6542

## Emergency Mental Health Resources:

Suicide hotline: 9-8-8 (free, anonymous, available 24/7)

Trevor Project 1-866-488-7386 (call, text or online chat)

Network 180- (616) 336-3765 The Access Center remains open 24/7

Text "nice" to 741741

[Mental Health Resource Guide](#)