



Lifelong Learning

Volume 2, Issue 3

November 2017

Springville High School
Counseling Office

Serving Others

Important Upcoming Dates

Snow College Open House in Provo (5PM-8PM)	11/8
SHS Veterans Day Assembly	11/9
Utah College Application Week	11/13-11/17
HOBYS Leadership Conference Applications Due (Sophomores)	11/21
Thanksgiving Break	11/22-11/24
University of Utah Priority Admissions Deadline	12/1
SAT	12/2

During times of emotional distress, many people ask about ways to pull themselves out of their despair. While there are many different ways that individuals can get through difficult times, a common one that works for almost everyone but is seldom used is serving others.

Service to others can help us get through tough times in many ways. When we serve others we promote social interactions with those around us. This can also give us a purpose during those times we may be feeling like we do not have direction in our life.

Another marvelous thing about service is that it is contagious. One minor act

of service, observed by someone else is often repeated and enlarged upon. This can continue throughout entire communities, making everyone's life around us better.

Unfortunately, when we are feeling down, this is the time we least want to do anything. If we can overcome that small barrier,

and help those around us, we will feel better about ourselves and may even start a cycle that touches everyone around us.

During this season of gratitude, let us go out of our way to look for ways that we can serve those around us.



Honoring Those that Served



On the 11th of November 1918; the United States of America and her allies signed the Armistice with Germany ending World War I. Since then, November 11th has been set aside as a day to remember all those that have served in the military.

As with previous years, Springville High School will hold a Veterans Day Assembly. This year it will be held on Thursday November 9th. During the

assembly, many local veterans will be honored and one of them will speak to the students.

This is a wonderful time to remember those who fought, for the rights and freedoms we hold dear, both here and abroad.

Most of us have family or friends that have sacrificed to serve in the military. Let us take this season of gratitude to thank them for their service.

SHS Counseling

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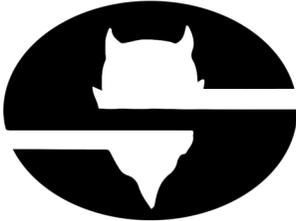
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Expert Advice: How to Show Gratitude

1. Be an Active Listener
2. Give out Genuine Compliments
3. Handwritten Notes of Thanks
4. Be Mindful of Others
5. Perform a Random Act of Kindness
6. Volunteer Your Time
7. Share Your Material Possessions
8. Say Your Sorry
9. Give a Hug
10. Smile
11. SAY THANK YOU

Especially for Seniors . . . Utah College Application Week

Utah College Application Week for the 2017-2018 School Year will be held from November 13th through November 17th. This is an excellent time for students to receive extra support in filling out their college applications. Each day that week representatives from many of the local colleges and universities will be here at Springville High School helping students fill out applications. A complete schedule will be provided soon.

The opportunity to meet and get help from advisors in filling out college applications is a wonderful aid, especially for students not used to navigating college websites. Students can get the most benefit from these advisors, if they begin the applications before seeing the advisor and bring their questions to them the day they are here.

Also during that week, several com-

petitions will be held. A different college pennant will be hidden somewhere in the school with a prize for the students who finds it. (Follow us on Instagram @shs_counseling for hints). Each club and class will be invited to decorate their advisors or teachers classroom door with a pizza party and donuts for the best 2 doors. Finally, any student wearing college gear on the 16th can come into the counseling office for a treat.



"I want to show my colleges I'm well-rounded, so I wrote a poem in Spanish about how chess club has made me a better quarterback."

This is an exciting time for Seniors as they start to finalize some of their plans for the fall. Take advantage of every opportunity given you.