

COUNSELLING MATTERS...

University visits / The Junior Interview / Negativity

From the High School Counsellor...

Upcoming University Visits

Manchester University **Friday 6th March**

A visiting professor will give a Biology lecture to Gr10 and 11 students, followed by the Admissions representative discussing the UK admissions process and university life in general.

MCPHS University (Massachusetts)

March, time and date TBA

Talks for prospective students on pharmacy, premed, nursing or other healthcare majors. Also a possible brief presentation to the Grade 11 science (biology/chemistry) class on the field of healthcare and careers out there for students who chose to major in the health sciences.

Monday and Thursday Office Hours

The High School Counselling Office is open to students on Mondays immediately after school and on Thursdays 4.20pm - 5.00pm

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Grade 11 - Gearing Up For...

The Junior Interview

Thank you to all the parents who were able to come to College Night for Grade 11 at the end of January. There was some good discussion and the general feeling that the college application process was now officially underway.

As the next step in this process, I am asking Grade 11 students to make an appointment to see me with their parents, at some point in the next few weeks. Please expect this meeting to take around 45 minutes to an hour. These meetings will take place during the school day and, with fore-planning, students may be excused from a lesson for this purpose. It is my intention that the majority of these meetings are concluded by mid-April (I shall be away from school from March 21st to 28th for a NEASC school accreditation in Morocco).

Please chat to your child about a suitable time and have them make an appointment, in person, with Zoe Tang, the Counsellors' Secretary in D232.

Some thoughts on Negativity

Here are some things you should keep in mind about negative thoughts:

They multiply. Negative thoughts can take on a life of their own. They become larger than life. Once you get in a pattern of negative thinking, it can become difficult to break free.

They keep you from being your best self and make you feel lousy. Negative thoughts hold you back in every way. They rob you of your confidence and self-esteem and stop you from making progress.

They stand in the way of your success. When your thoughts make you feel down and out, you are less likely to branch out and try new things, or set higher goals for yourself.

They can be changed! You can change those negative thoughts into positive ones! It starts with recognition. Once you know you are in a negative thoughts loop, you can consciously stop yourself. Get some perspective. Talk to a friend. Talk to a counsellor...

Upcoming university