

Counselor Corner
By Chris Lee

About three-quarters of American teens have access to a smartphone, a computer, and a gaming console.¹ Four in ten teen boys say they spend too much time playing video games, while 36% of all teens say they spend too much time on social media.^{1 2} It would be very or somewhat hard to give up social media, according to more than half of U.S. teens.

From Fortnite to TikTok, video games and social media channels are carefully designed to encourage habitual use. It's certainly possible to engage in a healthy, recreational way, but technology use can and does become problematic. The factors that drive "technology addiction" are complex. That said, teens with attention deficit hyperactivity disorder (ADHD) who struggle with self-control and self-regulation may be at elevated risk. This interesting article is available at www.additudemag.com, then search for the article: Why Screens Mesmerize Our Teens — and How to Break the Trance.

Test Information Release (TIR), exclusively available in September, April, and June, provides students with valuable insights into their ACT performance. By requesting their TIR with their registration, students will be able to access the test answers and questions after the exam and can use them to review their own answers alongside other valuable scoring details in the TIR. This key knowledge helps them identify areas for improvement and prepares them for future retests.

The Pizza Hut Foundation will award scholarships for education to students who are financially disadvantaged and who prove leadership and community involvement in and around our Pizza Hut communities. These scholarships for education are available for students enrolled in or on track to apply to two- or four-year colleges or universities, vocational-technical schools, and trade schools. Students must be legal residents of the United States, Guam, or D.C., be at least age 17, and no older than 26. Additionally, they must be eligible for federal financial aid at the college or school they plan to attend. The deadline to apply is August 31. Go to www.pizzahutfoundation.org/programs/ to apply.

High school students (grades 9-12) are invited to register for an EXCITE Shadow Day this fall. Join EXCITE to learn about STEM majors and opportunities available on the K-State Campus. Students will be paired with a current K-State student who shares similar interests in STEM. Together they will attend class, tour campus, share lunch, discuss what it's like to be in a STEM major at K-State, and experience "a day in the life" firsthand. Upcoming Shadow Days at KSU are scheduled on September 13 and October 18! Go to <https://apply2.ksu.edu/register/KAWSE.EXCITE>.

Deadlines to remember: August 4, deadline to apply for September 9 ACT; September 22, deadline to apply for October 6 ACT; November 3, deadline to apply for December 9 ACT; January 5, deadline to apply for February 10 ACT; March 8, deadline to apply for April 13 ACT; May 3, deadline to apply for June 8 ACT; June 7, deadline to apply for July 13 ACT.

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