



Moving Forward: A Mental Wellness Guide for 2026 Juniors



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Table of Contents

Brain Health Tips

- [Self-Care, Resiliency and Sleep Tips](#).....3
- [Navigating Alcohol, Drugs and Peer Pressure](#).....7
- [Mental Health Support](#).....9

High School Tips

- [Study Tips and Extracurriculars](#).....10

Thinking about the Future

- [Deciding What's Next](#).....11
- [Going to College](#).....12
- [Preparing for the Workforce](#)13



Preparing for the next stage of life and thinking about life after high school can cause a lot of feelings to surface, like feelings of loss, excitement and uncertainty. If these feelings become intense it is important to reach out for help. Remember that therapists are available.

Self-Care, Resiliency and Sleep Tips

Self-care refers to the activities and routines practiced to benefit your mental, physical, spiritual and social well-being. Self-care activities should be practiced on a regular basis. These activities help reduce stress, increase productivity, improve health, achieve work-life balance and prevent burnout. For more details and information about self-care, visit the [MindPeace Self-Care Toolkit](#). Junior year can bring extra stressors and overwhelming lists of things to do so it is important to make time for self-care and keeping your body healthy.

PHYSICAL SELF-CARE

- Spending time in nature can lower stress. As little as 10 minutes of sitting or walking in a nature can lower your heart rate and blood pressure while also increasing feelings of calmness and comfort.
- Drink water! Dehydration is one of the major causes of headaches.
- Exercise or dance to get out extra energy and relax. This helps release endorphins (a chemical in your brain) that makes a person feel good.
- Eat three well-balanced meals containing protein, fruits and vegetables.

MENTAL SELF-CARE

- Keep a journal. Evidence shows that writing about stressful events helps come to terms with them, reducing the impact they have on your life (Psych Central, 2016).
- Take a break from television, social media and the internet to avoid overexposure to negative information.
- Express emotional healing practices of crying, laughing or story-telling.
- Read books or listen to podcasts. Check out the *Eternal Sunshine* app for ideas.
- Participate in activities that make you happy, feel good and are empowering.
- Plan ahead, stay organized and set time to relax. Consider using a planner or scheduling app like *TickTick*.
- Set realistic goals for yourself.
- See a therapist or participate in support groups during times of high stress.

SPIRITUAL SELF-CARE

Spiritual self-care involves caring for your soul. It can help you find peace between your feelings, emotions and the stressors of your life. Spiritual wellness involves seeking a purpose and meaning in your life.

- Consider finding a sacred space of silence and solitude.
- Try meditation, mindfulness or yoga.
- Pray or attend a religious service.
- Express gratitude and positive affirmations. Think of 3 different things you're grateful for every day.
- Reflect on personal growth and set intentions. Consider writing them down in a journal.
- Express yourself with art, music, writing or connecting with like-minded people.

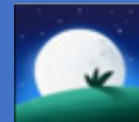
Mindfulness Exercise Example: "5-4-3-2-1"

Focus on the world around you.

What are:

5 Things you see
4 Things you hear
3 Things you can touch
2 Things you can smell
1 Thing you can taste

Check out these apps:



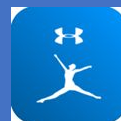
Better Sleep



Fabulous



Mindshift
CBT

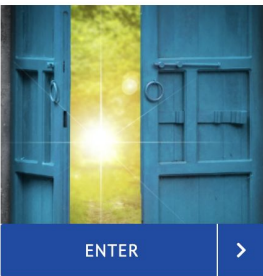


My Fitness
Pal

SOCIAL SELF-CARE

Social self-care is having fun with the people you love. It could mean making time to meet for lunch or simply having a video call. Socializing and connecting with people lift up our emotional mental health with feelings of love, empathy and acceptance.

- Spend quality time with friends and family and share how your days are going. Don't be afraid to seek support from others, and to ask for help.
- Be an active member of the community by joining an organization or volunteering at the local food banks, recreation centers, schools, etc.



Jr. High and High
School
(7-12th grade)

Open the Virtual Door to Self-Care!

For calming, refocusing, exercise, self-awareness and mindfulness tools to help in your self-care process, visit our Virtual MindPeace Room®.

<https://mindpeacecincinnati.com/virtual-mindpeace-rooms/>

RESILIENCY

Resiliency is the ability to adjust to circumstances and keep going during tough times, whether it's a minor hassle or a major life event. Resilience helps you take on challenges, form stronger relationships and embrace new experiences. A lack of resilience can lead to anxiety, poor self-care, depression, and risky behaviors, such as substance abuse. We can't always control events, but we can control our responses.

Manage Stress

Identify your sources of stress and how they affect you. Once you understand how your behavior changes in response to stress (e.g., your health suffers or you isolate yourself from others), you can modify unhealthy reactions and develop coping strategies for your vulnerable areas. Self-Care kits can aid in immediate relief when you're feeling overwhelmed (see example on the next page).

Rising Leaders is a local organization that helps young adults with financial, emotional, spiritual, vocational and physical needs. Visit their website at www.RisingLeadersCincy.org.

Examine your thoughts. Negative thoughts about yourself, others, or the future can lead to unhelpful feelings and actions. Pay attention to how you see and explain events. This will help you question and change thoughts that don't help, and build a more positive way of thinking.

Build a support network. Positive social connections provide assistance, guidance and comfort during difficult times. Strengthen your relationships with family, friends and trusted others to form a support network. The quality of these relationships is more important than quantity. Consider scheduling a weekly or monthly chat or call with these people.

SELF-CARE KIT EXAMPLES

Self-care kits should contain some of your favorite ways to de-stress. Suggested items to include could be a stress ball, journal, blanket, earbuds, essential oils, or a favorite book. See examples below.



Sample Kit Contents: Various snacks, a puzzle, refillable water bottle, tea, stress ball, a fidget, a journal and pen and a coloring book with fun markers.

Put together a self-care kit with items in your home. Think about these questions and fill an empty shopping bag or box with your favorite items.

- What do you do to distract yourself? Is there a craft you do, a show you watch or an activity you enjoy?
- What makes your body feel good? Do you have a favorite pair of sweatpants or a cozy t-shirt?
- Think about your five senses (taste, smell, touch, sight and sound). What can you do to appeal to all these senses?
- What's a way you can express yourself? Art, journaling poetry, music or something else? Consider creating a playlist of songs that make you happy.

SCREENS

Did you know that youth ages 8-18 spend an average of 7.5 hours a day in front of a screen? Whether it's scrolling through your phone, tablet or sitting in front of the TV, too much screen time has been linked to sleep problems, poor grades and a greater risk of obesity. Being in front of screens for long amounts of time can also lead to mood problems, a lack of physical activity and poor self-image (aacap.org, 2020). What can you do in place of screens? Read a book, journal, exercise, get outdoors, cook or bake, meditate, draw or play a board game or puzzle.

Tips

- Turn off notifications.
- Set a timer to turn off your technology.
- Turn your phone on do not disturb.
- Set screen time limits under your phone settings.

FACT:

Light from televisions, cell phones and other electronics negatively impacts your sleep. This type of light is often called "blue light" and can impact your circadian rhythm which helps your body and mind know what time of day you're supposed to be awake or sleeping.

SLEEP

Young adults need 7+ hours of sleep every night. Not getting enough sleep has adverse effects on a person's cognitive thinking and processing skills. Sleep deprivation has a big impact on the hippocampus which controls the brain's memory. When the amount and quality of sleep is impacted your memory also suffers. A lack of sleep can also have physical consequences. Not enough sleep can make you sick, leading to more colds, flu, coughs and sniffles, and can be associated with weight gain.

Tips

- Avoid caffeine at night and limit it during the day.
- Create a sleep schedule and stick to it.
- Don't sleep in on weekends or days when you have time off. Wake up close to the same time every day.
- Put books and technology away at least 30 minutes to an hour before bedtime.
- Exercise earlier in the day, never just before bed.
- Sleep with earplugs and use an eye pillow to drown out any bright lights and loud noise.
- Turn off the lights when it's time to go to bed. If you fall asleep to a TV, put it on a sleep timer!
- Stop eating 3 hours before you plan to go to bed.
- Create a sleep environment and only use your bed for sleep. Don't use a computer or phone in bed.
- Try watching a YouTube bedtime story or listen to sounds on an app like *Better Sleep* if you're having difficulty sleeping.

TIP:

Try blue light glasses! Blue light has a high energy frequency that can delay the body's release of melatonin, which can result in having a hard time falling asleep. Wearing these glasses can reduce the impact of blue light which can result in improved sleeping patterns (Barnes, 2020).

MANAGING STRESS

When there is a lot going on it is easy to be overwhelmed and stressed out. Take extra steps to take care of your mind during these times. Make a detailed list of deadlines and due dates and work backwards.

- Schedule breaks from doing work.
- Make time for physical activities.
- Eat healthy foods.
- Reach out for help and support from counselors, family and friends.
- Ask for help where and when you need it.

RESOURCES

American Academy of Child & Adolescent Psychiatry. (Feb, 2020). *Screen Time and Children*.

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx.

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<https://hbr.org/2020/10/will-blue-light-glasses-improve-your-sleep>.

Everyday Health. (2010, March 17). 10 Tips for Better Sleep at College.

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Minimum Time Dose in Nature to Positively Impact the Mental Health of College-Aged Students, and How to Measure It: A Scoping Review. (n.d.). *Frontiers*.

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National Sleep Foundation. (2019). Retrieved from <https://www.sleepfoundation.org/>.

Navigating Alcohol and Drug Decisions

ALCOHOL and DRUG USE

Being an upperclassman in high school brings a new sense of independence and ability to make your own decisions. Periods of wanting to experiment with new ideas and experiences are normal. This is also often a time of self-discovery and vulnerability to peer influence.

Underage Drinking

Underage drinking can have some serious consequences. If you ever find yourself in a situation where you are presented alcohol underage, consider the following information.

- You can always say no! It's common to feel pressure to drink in social situations but always know you have a choice.
- Underage drinking and using fake identification are illegal and could have legal consequences such as fines, misdemeanor charges or jail time.

Statistics to Consider

- Research shows that young people's brains keep developing well into their 20s. Alcohol can alter this development, potentially affecting both brain structure and function. This may cause cognitive or learning problems and/or increase vulnerability for alcohol use disorder, especially when people start drinking at a young age and drink heavily.
- Alcohol is a significant factor in the deaths of people younger than age 21 in the United States each year. This includes deaths from motor vehicle crashes, homicides, alcohol overdoses, falls, burns, drowning and suicides.
- More than 90 percent of all alcoholic drinks consumed by young people are consumed through binge drinking. Binge drinking often can lead to alcohol dependence, addiction and internal damage, especially to the liver.

Addiction is considered a chronic brain disease and changes in the body or mind can last a lifetime. Certain factors make you more likely to become addicted to drugs, including:

- Trouble in school or with making friends. Using drugs as a way to cope with stress is a maladaptive strategy and not recommended.
- Hanging around other people who use drugs. They might encourage you to try drugs.
- Starting drug use when you're young. The younger you start using drugs the more it can affect your body and mind while your brain is still developing. This increases your chances of becoming addicted as an adult.
- Your body. Everyone reacts to drugs differently. Some people hate how it makes them feel and never try it again. Others like the feeling the first time and want more.
- Mental health. Individuals with mental health problems such as anxiety, depression and ADHD are at a higher risk of becoming addicted.

90% of adults with a substance abuse problem started using alcohol, smoking, or other drugs before they were 18 years old.

PEER PRESSURE

Peer pressure is present when an individual feels it's important to be accepted by their peers. In late childhood and young adulthood, peers become more important in people's lives. You're trying to build your own identity and gain independence and acceptance in the world. Peer pressure can look different in certain social situations.

- **Environmental norms.** Feeling the need to act like everyone else around you because it is considered "normal".
- **Direct pressure.** Peers directly urging you to do something by either threatening, saying it will be fun, or telling you to do it because you can.
- **Indirect pressure.** When peers indirectly influence your behavior, maybe just by association.

How to resist peer pressure

- Choose peers that share the same values and opinions as you.
- Practice saying no to peers.
- Seek help with certain issues.

SEXUAL CONSENT

Consent (permission for something to happen) is never implied. It is always clear and fully communicated.

What Does Consent Look Like?

- Saying "yes" and confirming reciprocal interest in physicality.
- Letting them know they can stop at any time.
- Checking in with your partner.

Sexual Consent is Not Found:

- Under coercion.
- Under the influence.
- When underage.
- In power dynamics.

**National Sexual Assault
Hotline:**

1-800-656-4673

Available 24/7

If you have been sexually assaulted know that it is **NEVER** Your Fault. Call the National Sexual Assault Hotline at (800) 656-HOPE (4673). You'll be connected to a trained staff member from a local sexual assault service provider in your area.

Resources

Substance abuse in college students: Statistics & Rehab treatment. American Addiction Centers.

<https://americanaddictioncenters.org/rehab-guide/college>

National Institutes of Health. (2023, December 15). Drug use and addiction. MedlinePlus. <https://medlineplus.gov/druguseandaddiction.html>

Peer pressure and drugs: Definition, risk factors, and addiction. Medical News Today. Villines, Z. (2022, February 23). Retrieved from <https://www.medicalnewstoday.com/articles/peer-pressure-drugs#resisting-peer-pressure>

Risky business: Exercise extremes. Mental Health America. (n.d.). Retrieved November 2, 2022

U.S. Department of Health and Human Services. (2021, May). Underage drinking. National Institute on Alcohol Abuse and Alcoholism. Retrieved from <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>

Underage Drinking. (2020, January 17) Centers for Disease Control and Prevention.

Mental Health Support

Feeling overwhelmed, experiencing stress or having difficulty coping can be normal. When symptoms begin to impact functioning in daily life (school, home, social life) getting help as early as possible is the BEST thing that can be done!

Ask Yourself...

DO I HAVE MILD SYMPTOMS THAT HAVE LASTED FOR LESS THAN 2 WEEKS?

Symptoms may include: feeling a bit down; feeling low but still able to manage work, school, or household tasks; having some trouble sleeping; or feeling down while still caring for yourself and others.

- Talk with family or a trusted adult.
- Review self-help or coping strategies such as exercising, mindfulness, and journaling.
- Reach out to your support team.
- Speak with your therapist (if one is in place). If a therapist is needed see Finding Care on the next page.
- Review resources at <https://mindpeacecincinnati.com/resources-for-families>.

DO I HAVE SEVERE SYMPTOMS THAT HAVE LASTED FOR 2 WEEKS OR MORE?

Symptoms may include: Difficulty sleeping, appetite changes that result in unwanted weight changes, struggling to get out of bed in the morning because of my mood, difficulty concentrating, loss of interest in things you usually find enjoyable, unable to perform usual daily functions, thoughts of death or self-harm.

- Seek professional help.
- Discuss symptoms with family or a trusted adult.
- Contact your care team (medical/primary care and/or psychiatric).
- Schedule an appointment to be seen earlier for therapy. If a therapist is needed visit www.MindPeaceCincinnati.com for help.
- Assess severity and contact the National Suicide Prevention Lifeline at 988 as needed.

IF SYMPTOMS ARE NOW UNCONTROLLABLE, INCLUDING SELF-HARM, THREATS TO OTHERS, ESCALATIONS OF SUICIDAL OR HOMICIDAL THOUGHTS OR MAKING A PLAN TO DIE.

Consider which of these services are best based on your needs:

- Contact your therapist if connected (use the after-hours number if needed).
- Call or text the National Suicide Prevention Lifeline at 988 for 24/7 support.
- Contact 988 for your local mobile crisis unit, or crisis stabilization service.
- Visit the Mental Health Urgent Care by Best Point for crisis intervention and safety planning (ages 3-21). Open Monday-Friday 3-10 p.m. 5051 Duck Creek Road, Cincinnati, Ohio 45227. For questions call (513) 527-3040.
- If under 18, contact Psychiatric Intake Response Center (PIRC) at Cincinnati Children's by calling (513) 636-4124 to discuss an emergency psychiatric evaluation, crisis stabilization, and recommendation for further treatment.
- Contact the UC Psychiatric Emergency Services at (513) 584-8577 or your local hospital depending on your location.
- If life threatening, call 911 or go to the nearest emergency department.

RESOURCES

U.S. Department of Health and Human Services. (n.d.). *My Mental Health: Do I Need Help?*. National Institute of Mental Health.
<https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>.

Study Tips and Balancing Extracurriculars

STUDYING

- **Pick a place and time.** This should be a place that makes you happy and inspired and that is quiet, comfortable and tidy and distraction-free.
- **Find a time that's best for you.** Is it in the morning or do you work better at night?
- **Study every day.** Prioritize studying so the information is always being renewed in your mind. Then you won't feel overwhelmed with last-minute cramming.
- **Plan and organize your time.** Make a to-do list. Try the *TickTick* app for help. Use a planner to keep all your commitments in one place, it's easier to see what's coming up and avoid surprises. Pair this with a habit like checking it every morning and evening—it only takes a minute but keeps you on track. Set alarms for study plans.
- **Review and revise.** Quiz yourself or ask a friend to quiz you. Quizlet also helps you study on the go by providing tools and games to get you ready for your test(s). Consider downloading the app!
- **Take breaks.** Working too long on one task can lower your performance.
- **Ask for help.** Reach out to teachers, family and friends.
- **Schedule your extra activities with studying in mind.** Make time for other activities.
- **Discover your learning style.** Are you a:

This time of highschool can be very busy with sports, extracurriculars, school work and social events! Remember to make time for self care and breaks.

| Visual Learner | Auditory Learner | Tactile Learner |
|---|---|--|
| <p>Prefer learning through visuals such as images, diagrams and written materials.</p> <p>Strategies:</p> <ul style="list-style-type: none"> ● Use mind maps, diagrams and charts to organize ideas visually ● Color-code your notes with highlighters ● Turn concepts into infographics or sketches ● Use tools like flashcards for studying <p>*Tip: When reviewing textbooks, try to recreate illustrations and graphs in your own words.</p> | <p>Learn best through listening and verbal communication.</p> <p>Strategies:</p> <ul style="list-style-type: none"> ● Record and review class lectures or study notes ● Create/listen to rhymes, jingles or songs related to key topics ● Study with a partner/group to discuss and verbalize concepts ● Teach concepts from class to someone by explaining topics out loud <p>*Tip: Examine illustrations in textbooks and convert them into verbal descriptions.</p> | <p>Learn through hands-on experiences and physical activities.</p> <p>*Also known as Kinesthetic Learners*</p> <p>Strategies:</p> <ul style="list-style-type: none"> ● Engage in simulations to understand concepts ● Use study tools like 3D models, puzzles or building kits for complex ideas ● Incorporate movement into your study routine, like pacing when reviewing flashcards ● Write down key ideas multiple times to reinforce memory <p>*Tip: Try combining physical activities with studying (ex: listening to recorded notes while walking)</p> |

What's Next: Thinking about the Future

DECIDING WHAT'S NEXT

Talk to Your Family

What if your post-graduation plans differ from what your family has in mind? Talk openly with your family about your plans — both for the short term (what you want to do after graduation) and the long term (what you think you'd like to do in life). If your family wants you to go to college, but you don't feel you're ready or that college isn't right for you, explain why.

Get Advice

Having multiple opinions can be helpful. For school and career guidance, visit your school counselor and talk with adult friends (for example, godparents or friends of the family). Make an effort to talk to people in the fields that interest you. If you think you want to be an accountant, call some accountants and ask them about their work and/or ask to shadow them for a day. Most people are flattered to get calls like this, and they'll usually take the time to talk.

Still don't know what you want to do after graduation? Consider taking a career aptitude test to help you understand what major or job might be best for you.

- **Meyers-Briggs**- a personality test that measures psychological preferences in how people perceive the world and make decisions. (www.16personalities.com)
- **MAPP Career Assessment Test** measures your temperament, aptitude, how you get along with people, and the top careers that match your needs. (<http://www.assessment.com/TakeMAPP>)
- **Care Fitter**- designed to help identify the strengths of your work personality and the jobs that will fit you best. (<https://www.careerfitter.com/>)
- **Truity**- Find a job you'll love by matching your personality and interests to real-world careers. This free 15-minute career test measures key personality factors to show you the exact careers that suit your strengths. (<https://www.truity.com/>)

RESOURCES

CareerOneStop. (n.d.). Retrieved from <http://www.careeronestop.org/FindTraining/Ty pes/apprenticeships.aspx?frd=true>

Chen, G. (2008, February 08). The Top 7 Community College Myths. Retrieved February 11, 2019, from <https://www.communitycollegereview.com/blog/the-top-7-community-college-myths>

The Best Health Insurance for Young Adults - [7 Options to Consider]. (2018, September 5). Retrieved from <https://www.healthdeals.com/blog/save/young-adult-health-insurance/>



Going to College?

Narrowing down your College options:

- **College distance from home.** Ask yourself if you feel more supported and grounded closer to family and familiarity or are you excited about the idea of independence and starting fresh? There is no right answer, pick what feels right for you.
- **What size campus?** Consider your personality. Are you more introverted who might prefer smaller colleges and quieter campuses, or are you more extroverted who might enjoy large campuses, energetic social scenes and big cities?
- **Virtual or in-person learning?** Do you prefer face-to-face environments or the flexibility of online classes?
- **Match with your future career goals.** Does the school offer strong programs in your field of interest?

College Visits: What to look for?

- Are there easily accessible mental health services?
- Are there quiet spaces for alone time?
- Are students talking well about the social scene and living environment?
- Will my mental wellbeing be supported at this college?

TIP! Make a College research chart to organize the information. Include location, size, application deadline, financial aid apps, services, ect. Planning ahead can reduce stress when it's time to apply senior year!

Taking the SAT and ACT:

Studying and test days can be stressful. Here is how to care for your mind and body.

- **Prepare in a throughout way, not just hard.** Stick to a schedule that includes breaks and days off.
- **Get plenty of sleep the night before.** Cramming does not make you perform better.
- **Fuel your body.** Eat a hearty healthy breakfast and stay hydrated.
- **Use calming tools when needed.** Deep breaths, grounding techniques or fidgets.
- **Remind yourself this is just one piece of the application process and you are way more than a score on a test.**
- **Check whether the schools you're interested in require ACT or SAT scores.** Some colleges are test-optional, while others use them for admissions and scholarships.

Consider Your Top Priorities. Do You Want...

- To be in a (big/medium/small) school
- To be (close to home/in a new place)
- Strong mental health support
- Career support
- Financial affordability
- Social life/clubs
- Strong academics in _____

Tip! Explore colleges through College Board - <https://bigfuture.collegeboard.org/college-search>

Preparing for the Workforce

JOINING THE WORKFORCE

Many young adults opt to join the workforce after high school.

This is an exciting time to start a career. A job pays the bills, but a career is something you are passionate about, enjoy doing and have room for advancement.

Here's a local organization that helps youth with this transition.

Ikron Transitional Youth Program- provides a curriculum designed to assist youth in planning a career, completing trial work experience, and obtaining and maintaining employment. Call (513) 621-1117 or go to <https://cincinnati.ikron.org> for more information.

Talbert House Youth Employment Program- explore careers, connect with employers, and build skills needed to succeed in the workforce with the Hamilton County Youth Employment Program. Visit <https://www.talberthouse.org/services/community-care/hamilton-county-youth-employment/> to learn how to apply.

REMEMBER: Whatever you choose now does not have to be what you do forever. You can always go back to school or change a career path — lots of people do this every day.

TIP!

Practice Interviewing Skills:
<https://www.livecareer.com/resources/interviews/questions>

MILITARY

Entering the military can be an excellent choice for students. Discipline, earning money, saving for college, learning a trade — all of this is possible in the armed forces. Veterans are also entitled to many benefits both while in the service and after.

Speak to a current or former service member if you are unsure if the military is the right choice for you. You should carefully explore all of the pros and cons of a military career. After all, if you don't like the service you can't easily drop out. Those who enlist in the military, whether it's for active duty (full-time) or National Guard/Reserves (part-time) have a minimum service obligation.

The federal government as well as other non-profit organizations offer money for schooling to veterans, future military personnel, active-duty military personnel, or those related to veterans or active-duty personnel. The Military's Tuition Assistance program provides service members the chance to enroll in courses at accredited colleges, universities, junior colleges, and vocational-technical schools.

Each Service branch has different programs that can assist with tuition payments. To qualify, there are typically conditional requirements. These may include having a minimum amount of time remaining on your service contract and a cap on credit hours per year.

Explore your options at <http://todaysmilitary.com>.

TIME OFF

Another route that could be taken post-graduation is time off from school. You may consider taking a year off to pause and regroup. This practice is common in some countries, like the United Kingdom, and is called a "gap year", or "growth year". However, make sure you plan out a budget and living situation ahead of time. If you have already applied for college and been accepted, ask for a deferred admission. It can be a great idea to take a year off to try something you may not have an opportunity to do again.

Community service organizations offer a wide variety of choices where students can match their skills and interests. AmeriCorps (<https://americorps.gov/>), for example, offers hundreds of programs across the United States with a small stipend, plus a chance to obtain money for college or vocational training. Many religious organizations provide community service programs as well.



ON-THE-JOB

Careers in a trade or technical skill allow you to specialize in a particular occupation that typically involves working with your hands. Jobs may include carpentry, masonry, electrical work, mechanics, and more. Apprenticeships provide an affordable way to enter these in-demand careers. They provide a combination of on-the-job training and related classroom instruction under supervision. Over 90% of apprentices turn into employment after the program completion. To understand what opportunities are available visit www.Apprenticeship.gov.

TRAINING

Training for a career is also needed in the field of cosmetology, dental assistance, police enforcement, and more. Most of these jobs require enrollment in a program and licensure testing. Certain retail or hospitality industry organizations also offer training programs for high school grads. You may want to consider career options in computing, bookkeeping, and payroll, or sales. Talk to your school counselor or a favorite teacher about the job market in your area and be sure your family and friends know you're looking. Additionally, these websites are a great place to start with your search:

- **Cincinnati Job Corps Center-** <https://cincinnati.jobcorps.gov/>
- **Great Oaks Career Campuses-** <https://adults.greatoaks.com/>
- **Ohio Means Jobs-** <https://ohiomeansjobs.ohio.gov>, for Hamilton County visit: <https://www.omj-cinham.org/>, for Butler County visit: <https://ohiomeansjobs.bcohoio.gov/>
- **Workforce Development Center at Cincinnati State-** <https://www.cincinnati.state.edu/wdc/>
- **The Best Schools' Trade School Resources-** <https://thebestschools.org/rankings/trades/>

Moving Forward With Confidence

As you move through junior year, remember taking care of your mind and body, and planning for the future is a journey you don't have to navigate alone. This guide offers tools for self-care, managing stress, staying focused in school, and exploring the many paths available after graduation. Keep using the strategies that help you feel grounded, reach out to your support network, and stay curious about what comes next. You have the strength, resilience and potential to move forward with confidence, and every step you take brings you closer to the future you're building for yourself.

IMPORTANT RESOURCES

Transition Support

- Transition to Adulthood Center for Research (Transitions ACR)- <https://www.umassmed.edu/TransitionsACR/>
- Journey to Successful Living (Hamilton County)- <https://www.hcmhrsb.org/getting-help/journey/>

Mental Health and Wellness

- MindPeace Resources- <https://mindpeacecincinnati.com>
- Finding Therapy Providers- <http://www.mindpeacecincinnati.com>

24/7 Crisis Support

- Call or text 988 for immediate emotional support at any time.
- Contact 988 to reach your local mobile crisis unit or crisis stabilization services.

Local Crisis Services

- Visit the Mental Health Urgent Care by Best Point for crisis intervention and safety planning (ages 3-21). Open Monday-Friday 3-10 p.m. 5051 Duck Creek Road, Cincinnati, Ohio 45227. For questions call (513) 527-3040.
- If under 18, contact Psychiatric Intake Response Center (PIRC) at Cincinnati Children's by calling (513) 636-4124 to discuss an emergency psychiatric evaluation, crisis stabilization, and recommendation for further treatment.
- If 18 or older, contact the UC Psychiatric Emergency Services at (513) 584-8577 or your local hospital depending on your location.
- If life threatening, call 911 or go to the nearest emergency department.