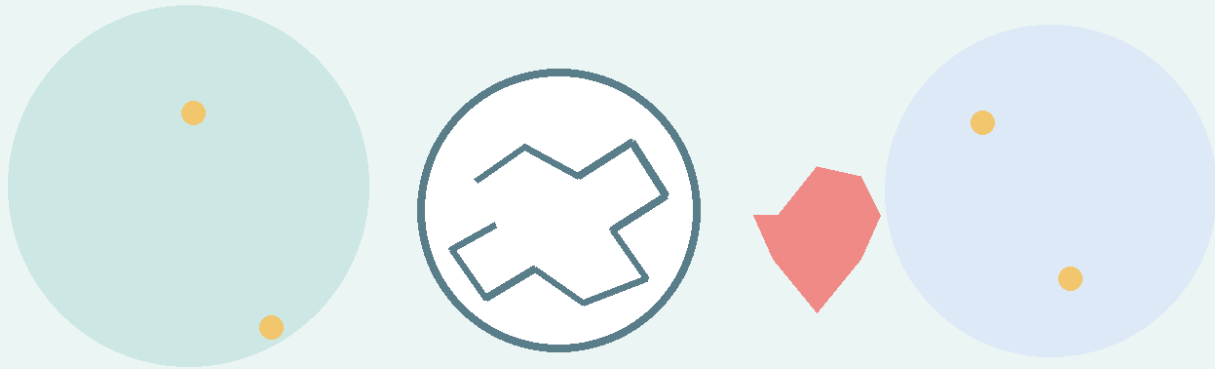


LCN COUNSELING CONNECTION

OCTOBER 2026 • MENTAL HEALTH AWARENESS & COLLEGE MONTH

Supporting our students. Strengthening our school community.



Mental Health • Connection • Well-Being



WORLD MENTAL HEALTH DAY

Saturday, October 10

October 10 is World Mental Health Day, a special opportunity to pause, reflect, and recognize the importance of mental health. Mental health is an important part of our overall well-being. Just as we take care of our physical health, it is important to take care of our minds and emotions, too. World Mental Health Day also provides an opportunity to challenge the stigma surrounding mental health and remind one another that asking for help is a sign of strength—not weakness.

2026 WORLD MENTAL HEALTH DAY THEME

“Lived experiences heard: real voices, real change”

This year's theme highlights the importance of listening to people with lived experiences and making sure their voices help shape mental health support and services.



SMALL THINGS CAN MAKE A BIG DIFFERENCE

- Connect with friends, family, teachers, or someone you trust.
- Move your body and spend time outside.
- Take a break when you need one.
- Get enough sleep and give your brain time to recharge.
- Do something you enjoy.
- Talk to someone when things feel overwhelming.

LEARN MORE

Want to learn more about #WorldMentalHealthDay and what the World Health Organization is doing to support mental health around the world?

→ [Visit the World Health Organization's World Mental Health Day Campaign](#)

FIVE WAYS TO WELLBEING

Looking for simple ways to improve your well-being?

→ [Watch: Five Ways to Wellbeing](#)

As you watch, think about which of the five areas you already have in your life—and which one you might want to strengthen.

NEED SUPPORT?

Sometimes we need a little extra support, and that's okay. If you or someone you know is struggling, reach out to a trusted adult, teacher, counselor, parent/guardian, or another caring person.

[Local Mental Health Resources](#)

Students and families can also contact their LCN counselor for additional resources and support.



COLLEGE MONTH

Your Future Starts With a Plan!

October is a great time for seniors and college-bound students to start taking those next steps toward life after high school. Whether you're just beginning to explore your options or already have a college list, your LCN Counseling Department is here to help!

COLLEGE VISITS AT LCN

Interested in learning more about colleges and universities? Take advantage of the college representatives visiting LCN!

College visits are a great opportunity to:

- Learn about programs and majors
- Ask questions about admission requirements
- Learn about scholarships and financial aid
- Get information directly from college representatives
- Explore colleges you may not have considered

→ [Sign Up for College Visits at LCN](#)

Don't wait—check the schedule and sign up for visits that interest you!

APPLYING TO COLLEGE?

Many colleges accept applications through the Common Application, making it easier to apply to multiple colleges using one application.

→ [Create a Free Common App Account](#)

Remember: While the Common App itself is free to use, some colleges charge application fees. Be sure to check each college's requirements and ask your counselor about fee waiver options if needed.

FAFSA & FINANCIAL AID

Planning to attend college, trade school, or another eligible program after high school? Completing the Free Application for Federal Student Aid (FAFSA) is an important step in determining eligibility for federal financial aid and can also be required for other types of financial aid.

→ [Complete the FAFSA — Free Application for Federal Student Aid](#)

COLLEGE TIP OF THE MONTH

DON'T BE AFRAID TO ASK QUESTIONS!

Your counselor can help you with:

- College searches
- Applications
- Scholarships
- FAFSA and financial aid
- College visits
- Transcripts
- Recommendation letters
- Career and post-secondary planning

AP EXAM REGISTRATION

 **DEADLINE TO REGISTER: NOVEMBER 6 AT MIDNIGHT**

AP Exam Registration Sign Up

→ [Open the AP Exam Registration Sign Up document](#)

Students must complete BOTH required registration steps:

- Students must register for their AP class in College Board.
- Students must register and pay for their AP Exam through Total Registration.

→ [Total Registration: www.TotalRegistration.net/AP/232653](http://www.TotalRegistration.net/AP/232653)

IMPORTANT DEADLINE INFORMATION

Students who register after the November 6th deadline will be charged a \$42 late fee.

The absolute last day to register for an AP Exam is March 5th, with the additional cost of the late registration fee.

DON'T WAIT UNTIL THE DEADLINE!

YOUTH EMPLOYMENT PERMITS (YEPP)

NEW PROCESS BEGINNING OCTOBER 2, 2026

Beginning Oct. 2, 2026, minors seeking employment will complete the permit process through YEPP instead of obtaining a permit from their school.



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WHO WILL USE YEPP

- Employers who hire workers under age 18
- Minors seeking employment
- Parents and guardians
- Local school districts and nonpublic schools

A STREAMLINED YOUTH EMPLOYMENT PROCESS

- Employers hiring workers under 18 must register with LEO through YEPP.
- Minors will complete the permit process online through YEPP.
- Local school districts and nonpublic schools will no longer issue youth employment permits.
- Employers must notify LEO when a minor's employment ends.

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Youth employment laws governing work hours, wages and workplace safety continue to apply.



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SCAN FOR MORE YEPP INFORMATION



Use the QR code above to access the youth employment information provided by the school.