Welcome To The Virtual Merrill Mustang Counseling Center!

Click around the room to see what you will find!
For some extra help at home, click on the appropriate link below:

* Math
* Reading
* Language Arts
* Science
* Social Studies

Click on the stack of books to connect with DMPS Drake University's tutor option!
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Mindfulness

When you can’t control what’s happening, challenge yourself to control the way you are responding to what’s happening. That’s where the power is.

“Stop trying to calm the storm. Calm yourself. The storm will pass.”

“Don’t let your mind bully your body.”

“Act with kindness. Around Life, Confetti.”
Welcome to the PostSecondary Success Center!

Not sure what the future holds? Create your account and access your career planner! Go to: [Navigator.kuder.com](Navigator.kuder.com)

Still have questions? Click on the computer and check out the Occupational Outlook Handbook!
Welcome to the Post Secondary Center!

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Hangry: [hang -ree] adg.

A state of anger caused by a lack of food; hunger causing a negative emotional state.
Hungry? Click around on the pictures for resources!

- Polk County Food Bank
- DMPS Meal Sites
- DMPS Family Resources
Here are some helpful resources to talk to your students about important topics such as race, technology, COVID-19, and many more! Please click on the pictures.

Originally created by @MsVeerasammy
Edited by Cait Denning
A beautiful day begins with a beautiful mindset.

Positive Vibes

Always be brave & kind