

## **Mackenzie Sisson-Mustangs Ahead**

(LAKEWOOD RANCH, FL)- The LRHS psychology club welcomes new Mustangs.

On Sept. 12 the Lakewood Ranch psychology club hosted its first meeting of the 2019-2020 school year.

Mustangs were introduced to the basics of the club and did a short ice breaker activity to get the ball rolling. Club adviser and LRHS psychology teacher Heather Selens presented some of the topics the club hopes to discuss to introduce what the club will be about.

“We will be covering biological, learning, stress reduction, and mental awareness,” said Selens.

The club first started up in 2017 and was reborn this year after being discontinued in the 2018-2019 school year.

The club hopes to move past its old organizational structure with a renewed sense of identity and goals to achieve.

“We hope to build a community that supports mental awareness and students will be able to meet professionals in psychology, discuss psychological issues, and participate in labs and fun activities,” said Selens.

Mustangs interested in psychology and making new friends are encouraged to stop by for an application and attend the next meeting on Thursday, Sept. 26.

Meetings will be hosted every other Thursday after-school in room 533.