

SCHOOL COUNSELING NEWSLETTER

WEEK OF 4/20/20



Academic

1. Know what is assigned.
2. When is the due date?
3. Read instructions thoroughly.
4. How long will it take you to complete the assignment?
Map it out.
5. Use notes, book, & class materials to help answer questions.
6. Confused? Have a question? Can't access the materials needed? Ask your teacher.
7. Turn in the assignment before the deadline.
8. Missed the deadline? Complete the assignment and turn it in.

Completing Assignments

Sentinels

Career

- **Logistician** - Military officer, Lawyer, Judge, Police Officer, Detective
- **Defender** - Nurse, Elementary Teacher, Social and Religious Worker
- **Executive** - Law Enforcement, Military Service, Medical, Legal Firm
- **Consul**- Medical Care, Social Work, Accountant



Social/Emotional

Growth Mindset Positive Self Talk

What to tell yourself when you are feeling discouraged:

1. This is **tough**. But so am I.
2. I may not be able to control this situation but I am **in charge** of how I respond.
3. I haven't figured this out ... **yet**.
4. This challenge is here to **teach me something**.
5. All I need to do is take it one step at a time. Breathe. Do the next right thing.