

SCHOOL COUNSELING NEWSLETTER

WEEK OF 4/27/20

ACADEMIC

Learning Styles

Visual

Learners enjoy diagrams and graphs to ease their understanding of a subject.

Auditory

Learners remember facts is by hearing them. Verbal instructions are therefor their choice of learning method.

Logical

Learners rationalize things, ask a lot of questions, and love mathematical problems

Verbal

Verbal learners need to use words, both in speech and writing.



Interpersonal

Prefer to learn with someone else or in a group

Intrapersonal

Prefer to do a self-study and work by themselves

Physical

Tactile learners use object manipulation or body movements to learn.

CAREER

Explorers

- **Virtuoso** - Mechanic, Engineer, Graphic Designer, Forensic Scientist
- **Adventurer** - Freelance and Consulting, Artist, Musician, Photographer
- **Entrepreneur** - Paramedics, Police Officer, Sales, Marketing, Athlete, Coach
- **Entertainer** - Event Planner, Sales Representative, Trip Planner, Tour Guide, Social Work, Music, Fashion

Explorers



Virtuoso

ISTP-A / ISTP-T

Bold and practical experimenters, masters of all kinds of tools.



Adventurer

ISFP-A / ISFP-T

Flexible and charming artists, always ready to explore and experience something new.



Entrepreneur

ESTP-A / ESTP-T

Smart, energetic and very perceptive people, who truly enjoy living on the edge.



Entertainer

ESFP-A / ESFP-T

Spontaneous, energetic and enthusiastic people – life is never boring around them.

SOCIAL/EMOTIONAL

Coping Skills

Everyone has missed out on something...

Final weeks of this school year, spring sport, school dance, time with friends, musical, end of year traditions, etc.

Talk to a friend

Slowly count to 10

Practice some Yoga

Take a 5 minute time out

Take 5 slow deep breaths

Listen to Music

Take a walk

Say something positive to yourself