

# SCHOOL COUNSELING

## NEWSLETTER

*Week of 4/6/20*

### Academic

#### *Time Management*

1. Declutter your study space
2. Plan out your tasks for the day
3. Prioritize those tasks
4. Don't procrastinate
5. Put together a motivating playlist
6. Chunk your time
7. Give yourself incentives
8. Work with an end goal in mind



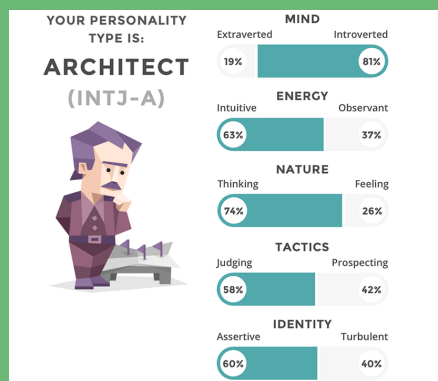
### Career

#### *Myers Briggs*

**Let's talk about your results!**

You will see a description of :

- Strengths & Weaknesses
- Friendships
- Career Paths
- Workplace Habits



# Here are the Analysts!

## Analysts



### Architect

INTJ-A / INTJ-T

Imaginative and strategic thinkers, with a plan for everything.



### Logician

INTP-A / INTP-T

Innovative inventors with an unquenchable thirst for knowledge.



### Commander

ENTJ-A / ENTJ-T

Bold, imaginative and strong-willed leaders, always finding a way – or making one.



### Debater

ENTP-A / ENTP-T

Smart and curious thinkers who cannot resist an intellectual challenge.



## Social/Emotional

### Anxiety

1. Practice your deep breathing
2. Take a break and go outside
3. Talk about your anxiety
4. Move your body
5. Write down what you are grateful for
6. Create positive self-talk

