

# Counselors' Corner



## Mid-Year Update

### Making the Grade Checklist:

We would like to wish you all a healthy and happy new year, and we hope you enjoyed your break. The new year marks the mid-point of the school year, but it also is a time to reflect and create goals for ourselves. Below are some resolutions or goals you may want to try.

1. I will do my best to take care of my body through fun physical activity and eating the right types and amounts of foods.
2. I will limit my use of technology and social media.
3. I will try to get 8 to 10 hours of sleep that my body needs each night.
4. I will do what I can to help out in my community. I will give some of my time to help others, working with community groups or others that help people in need. These activities will make me feel better about myself and my community.
5. When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
6. When faced with a difficult decision, I will talk about my choices with an adult I can trust.
7. When I notice my friends are struggling, I will look for a trusted adult so that we can attempt to find a way to help.
8. I will treat others with respect and I will expect to be treated the same way in return.

#### ✓ Time Management:

-Structure your time by creating a schedule to help you complete school work, study and participate in extracurricular activities

#### ✓ Organize yourself:

-Have a set place to complete HW and study, that is quiet and free from distractions  
-Make sure you complete all work on time, and it is submitted properly

#### ✓ Study Habits:

-Attend Extra Help  
-Review your class notes daily so that you don't save all the studying for one day  
-Use review guides if they are given  
-Make flashcards or other visuals to help you understand the material  
-Create a study group with friends



### Set Yourself up for Success!

1. **Class Attendance:** Be on time and present.
2. **Be Prepared:** Make sure you have your Chromebook (fully charged) and the materials needed for that class (book, notebook, pencil, etc.)
3. **Participate:** Be engaged in your class by contributing to the conversation, answering and asking questions.
4. **Monitor your Grades:** Make it a habit to check Genesis for the most up to date assignments and grades. If you have questions regarding what you review, contact your teachers. This will show responsibility, maturity and initiative.

## Counselors in the Classroom



In the month of December the counselors were in the classrooms working with the students on Time Management. We conducted a lesson that helped students identify daily tasks, assess their own time management skills, and review ways in which to improve.

Throughout the rest of the year we will be in the classes to provide lessons on other important topics such as Social Media Usage, Relationships, Coping Skills and Career Exploration.

### Important Dates & Information

**Heroes & Cool Kids Lesson: 1/14/22**

**Spelling Bee: 1/20/22**

**End of MP2: 1/28/22**

**Cycle 4 Begins: 1/31/22**

\*\*\*Any student placed on quarantine by the MS will have the opportunity to log in to the Google Classroom and listen to the class lesson in real time. For more details, please refer to the letter sent out by Mr. Mastropietro on 12/22/2021.