



Hello! And welcome back to another amazing school year! Every year, as a student promotes to the next grade level, there are new things to be learned, to look forward to, and to plan for. We hope this brief intro can be a useful tool to help in that process and help make this school year great. We will send out updates quarterly and hope this will be a great resource to all!

First off- it is always wise to know your resources - and your counseling team is one! It is our goal to help students with their personal needs, emotional needs, social interactions, academic planning and development, and post-secondary and career goals. We will meet with students both individually and in the classroom setting.

We have an open door policy, but since each aspect of a student's schedule is important, it is best to schedule a time to meet when necessary in order to respect student goals, teacher classroom time, and counseling schedules. Students may request to see their counselor by clicking [HERE!](#) Or visiting our website, which has other great resources such as transcript requests, test dates, scholarship info, and even virtual tours of colleges!

Be sure to join the counseling remind by texting @gobcounsel to 81010 Seniors & Senior parents, please text @gobs21 to 81010

Counselors will meet with seniors this quarter for interviews!

We sincerely look forward to working with all of our students this year! Please let us know if we can be of help in any way!

Anne Milburn Heather Thornton Shayne Thompson Amy Petersen
(Last Names A-G) (Last Names H-Q) (Last Names R-Z) Admin Asst.

It is recommended to study at least 1 minute per grade level, twice per day. So, if you are a freshman, that is 9 minutes in the morning and 9 in the evening. Easy-peasy!

Start off on the right foot this year with these minute by minute study tips!

- **Flashcards** - questions on one side, answers on the other
- **Categorizing** - put the info categories, in some kind of order, or match up pairs
- **Picture Notes** - draw pictures of your notes on your paper
- **Talk-through** - Explain the content to a family member in detail
- **Mnemonic Devices** - Try rhyming or creating sayings to help you remember
- **Move Around** - study the info in various locations & in small spurts
- **Yell it out!** - well, don't scream - but read notes aloud to activate both sight & sound.
- **Work it out** - 30 min of aerobic exercise improves brain processing speed
- **Doze off** - Aim to get 7-9 hours of sleep to improve brain function and decrease stress

Important Dates

	National Suicide Awareness Day
Sept 10	The key to preventing suicide is education. Learn the statistics associated with youth suicide and the warning signs often displayed. By being educated on this Silent Epidemic, you could help save a life. Learn more at: https://jasonfoundation.com/
Sept 19	(Saturday) Digital Learning Day
Sept 22	Senior Picture Retakes
Sept 30	Early Dismissal
Oct 14	PSAT Exam for Juniors/Sophomores (Optional)
Oct 14	Picture Retakes & Club Photos
Oct 17	(Saturday) Digital Learning Day
Oct 22	Quarter 1 Ends
Oct 23	No School for Students

Suicide is the tenth leading cause of death for all Americans. 48,344 people were lost to suicide in 2018 (the last year for which we have current figures); 554 of those were in Arkansas.

Of those, 30 were youths under 20! Learn more and how to recognize the signs by clicking [HERE!](#)

With the start of the new school year and with Sept/Oct being national awareness months for mental health, your school counseling team wants to remind you that we are here for YOU and here to help! If you or another student are experiencing any of the following, please reach out.

- Mood swings
- Acting out
- Lack of interest/withdrawal
- Pushing limits or boundaries
- Disrespect for others
- Nonparticipation in activities

