

# THE HIGH SCHOOL COUNSELING NEWSLETTER

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. I hope this brief introduction can be a useful tool to help in that process and help make this school year great.

First off, it is always wise to know your resources - and I am one! As the high school counselor, it is my goal to help students with their personal needs, emotional needs, social interactions, academic planning and development, and post-secondary and career goals. I meet with students 3 times in the classroom setting each semester as well as am available for one-on-one sessions and even groups!

I 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 my time.

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

Your High School Counselor,  
Mrs. Shayne Thompson

Quarter 1  
2018  
WELCOME  
BACK TO  
SCHOOL!

## Q1 IMPORTANT DATES

**SEPT 3**

No School

**SEPT 17**

No School for students

**NOVEMBER 6**

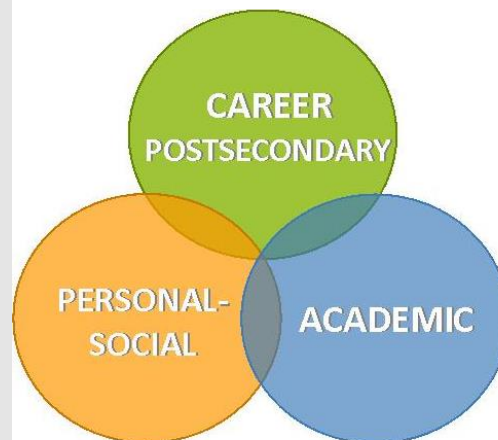
No School for students

**SEPT 14**

Mid-Quarter

**OCT 12**

Quarter 1 End



For more information

visit my website:

[www.TheHighSchoolCounselor.com](http://www.TheHighSchoolCounselor.com)

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 in pairs.

\***Picture Notes** - draw pictures of your notes on your paper or flashcards.

\***Talk-through** - Explain the content to a friend of family member in as much detail as you can!

\***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 research shows reading notes aloud to help your memory store the information more effectively by activating both sight and sound.

\***Work out** - 30 min of aerobic exercise improves brain processing speed & other cognitive abilities.

\***Doze off** - Aim to get 7-9 hours of snooze time per night to improve your brain and decrease stress!

