Counselor Connections

Why Do School Work?
Journaling
8th Grade Class Meeting
Resources
April 2020
Class of 2024 Zoom Meeting

8th Graders: Please Join us for a Zoom meeting this Thursday, May 14th from 2pm-3pm.

Join Zoom Meeting https://nsd.zoom.us/j/94316877100?pwd=c0tFb2xlem45eHBpL0RyODJLVC9IUT09
or Meeting ID: 943 1687 7100 Password: 734905
Chat with the Counselors

Q&A Chat time. Chat with the counselors will return next week!
The Importance of School Work

Why Should I Keep Doing School Work?

Grades
Any work done now can only positively affect your grade. For high school students, keep in mind that these grades will still go on your transcript which will affect your GPA!

Work Ethic
Continuing to do school work will not only keep your mind sharp but will help you build a stronger work ethic including time management, discipline, productivity, and responsibility.

Community
We are all part of a community that is growing and learning together. Let’s support each other from afar while still feeling connected!

Future Classes
Remember, the content you are learning now will build on for future years! Continuing to work will help ease you into the following school year without interruption.

Education
We are lifelong learners and shouldn’t take any opportunity for education for granted!

College/Career
Continuing to work is good practice for the future! Learning for a few hours a day and working on your own for the majority of the time is a schedule most college students or a working professional

Commitment
Continuing to work when not specifically required shows that you are committed to learning and not just getting a grade.

Connections
Virtual learning can help you maintain and strengthen the relationships you build with teachers and staff at your school!

Time Management
Use this time to keep yourself busy and on a regular schedule throughout the day. Spend 30 minutes a day on school work for each class, and then use the rest of your time to do a hobby or activity that you enjoy (e.g. crafting, exercising, family time!)

"Right now you have a precious opportunity to pause and ask yourself questions far too few high school students (and too few people in general) ever do: what drives and motivates me? Why am I doing this?"
Benefits of Journaling

- Emotional Intelligence
- Problem Solving
- Self Reflection
- Personal Growth and Development
- Self Awareness
- Personal Goals
- Health Benefits
Benefits of Journaling

❖ Journaling can have huge benefits like you saw on the previous slide. Research shows that journaling can help all of us release some of our anger, sadness and other emotions.

❖ You can journal anywhere, anytime. Some people like to journal and then throw the paper away. Others like to keep an actual notebook, while others like an online version.

❖ One idea when you’re feeling angry or frustrated is to sit down and write everything down that’s upsetting you for 10-15 minutes. Don’t edit yourself or reread what you wrote. After you’ve written it all down, tear it up into tiny pieces and throw it away. This is a great way to release and process feelings.
Resources

Teen Link: You’re not alone. There is someone that’s willing to listen to you without judgment. Teen Link is a program of Crisis Connection that serves youth in Washington State. Typically, teen volunteers take calls/texts/chats but adults are doing this instead right now. They are trained to listen to your concerns and talk with you about whatever’s on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you’re facing. No issue is too big or too small! Calls and chats are confidential. Talk it out! You can call in to speak with an adult staff member 24 hours a day (866-833-6546). If you would prefer to chat or text in, feel free to do so Tues–Sat from 2–10pm. Chat: [https://www.teenlink.org/](https://www.teenlink.org/), Text: 866-833-6546).

See your Counselor ONLINE. Something new we added to the Skview webpage, if you or your parent/guardian would like to make an appointment with me, click on the link Make an appointment with your counselor.

Email your Counselor. Please feel free to reach out to us. We’re here to help!
Have a fantastic week!