



Counselor Connection

FIRST FLIGHT HIGH SCHOOL, VOL 2

SELF-CARE

WHILE THE HOLIDAYS BRING A LOT OF JOY, THEY CAN ALSO BE A STRESSFUL TIME FOR MANY. BELOW ARE SOME SELF CARE TIPS TO HELP!

- [STAYING HEALTHY](#)
- [SURVIVAL GUIDE](#)



HELP LINES

MOBILE CRISIS: 1-866-437-1821

PORT HEALTH: 252-830-7540

NATIONAL SUICIDE PREVENTION: 800-273-8255



JUNIOR MEETINGS START 12/1

EMAIL YOUR COUNSELOR TO SET UP A TIME TO MEET VIRTUALLY!

LISA WHELESS: A-G (WHELESSLI@DARETOLEARN.ORG)

AMY WHITE: H-N (WHITEAM@DARETOLEARN.ORG)

BETH GARRETT: O-Z (GARRETTBE@DARETOLEARN.ORG)



WHAT ARE YOU *Grateful* FOR?

ADDITIONAL SUPPORT

BELOW ARE RESOURCES STUDENTS MIGHT FIND HELPFUL FOR THEIR CONTINUED MENTAL, EMOTIONAL, AND ACADEMIC HEALTH:

- [DARE COUNTY THERAPIST LIST](#)
- [DARE COUNTY TUTORS](#)
- SCHOOL SUPPLIES (NOTEBOOKS, PENS, ETC): EMAIL YOUR COUNSELOR!



STUDY TOOLS & APPS

[THOMAS FRANK YOUTUBE VIDEOS](#): AN EXPERT ON HOW TO EXPAND AND IMPROVE YOUR STUDY SKILLS - WATCH [THIS VIDEO](#) FOR 13 ESSENTIAL STUDY TIPS.

[ANKI FLASHCARDS](#): AN APP THAT ALLOWS YOU TO EITHER DECREASE THE AMOUNT YOU STUDY AND/OR INCREASE THE AMOUNT YOU LEARN.

[THE POMODORO TECHNIQUE](#): BEAT PROCRASTINATION AND IMPROVE FOCUS ONE POMODORO AT A TIME

