

# MONTHLY NEWSLETTER - OCT 2023

MS. MUIR'S  
COUNSELOR CORNER

## Advice for the School Year

- \*Use a Planner - Stay organized!
- \*Understand Procrastination - Turn it around!
- \*Stay Focused - Focus on your future self!
- \*Get Out of Your Comfort Zone - That's how you grow!
- \*Make Yourself at Home - Surround yourself with supportive people!
- \*Get Involved - Join a club to meet others with a common interest and shared values!
- \*Make Useful Connections - Reach out to staff for mentoring and help!
- \*Work Hard - Don't give up!
- \*Be Present - Enjoy high school (it goes by fast)!



## WHEN I GROW UP...



Still wondering what you might want to pursue after high school? Check out [CareerBridge.wa.gov](https://www.careerbridge.wa.gov). Explore careers, view job trends, and identify the education necessary to perform various jobs. \*Take the available quiz to find which careers fit your interests!

## BE "IN THE KNOW"

Remember to check both your school email and grade-level Teams regularly! Don't miss out on important school information, scholarship opportunities, special events, volunteer opportunities... and more!

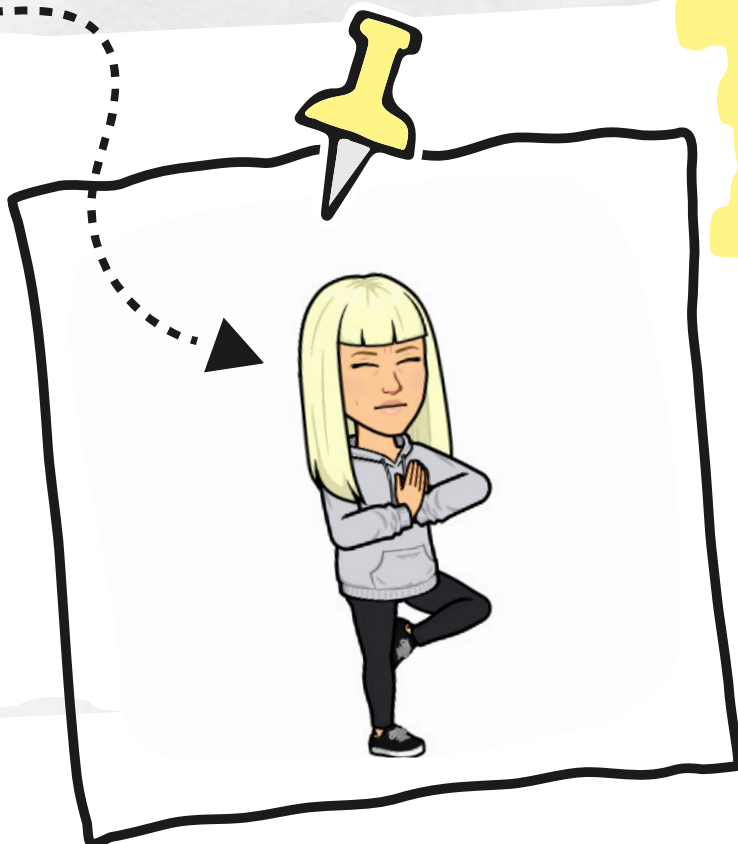


## MENTAL HEALTH TIP OF THE MONTH

### POSITIVE SELF-TALK

Never put yourself down or engage in negative self-talk (your brain will believe everything you tell it)!

Recognize and believe in your strengths.



Need to Make an Appt?  
[calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor)