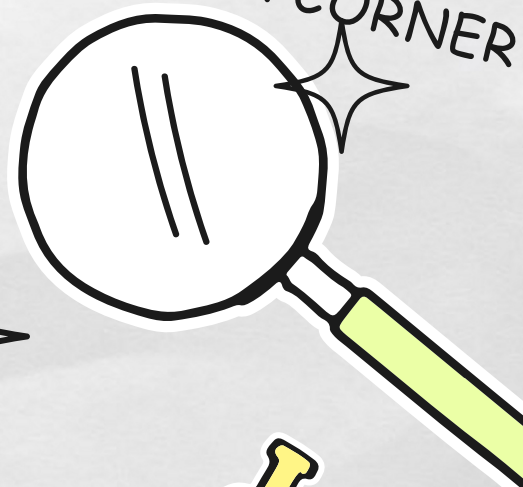


MONTHLY NEWSLETTER - DEC 2023

MS. MUIR'S
COUNSELOR CORNER



Tips for Starting a New Term

- *Evaluate how you did last trimester
- *Set new goals for this trimester
- *Organize your backpack & materials
 - *Make a plan to manage time effectively
- *Establish a study routine
 - *Stay engaged in class
 - *Ask for help if needed
 - *Remain positive
 - *Take care of yourself



Focusing on the past
Inconsistent sleep
Mess and clutter
Sedentary time
Social media
Overworking
Dehydration
Screen time
Resentment
Negativity
Junk food
Stress



Energy Takers
VS.
Energy Givers



Music
Nature
Resting
Sunlight
Positivity
Gratitude
Hydration
Movement
Community
Meditation
Consistent sleep
Learning something new

Community Resources

COMMUNITY ACTION COMMITTEE Home Base Connections

Employment (job training & search)

Health Care (medical, dental, vision)

Mental Health (general counseling; teen counseling; evaluation)

Financial (rent/utility/move-in assistance)

Shelter/Housing

Food

Transportation

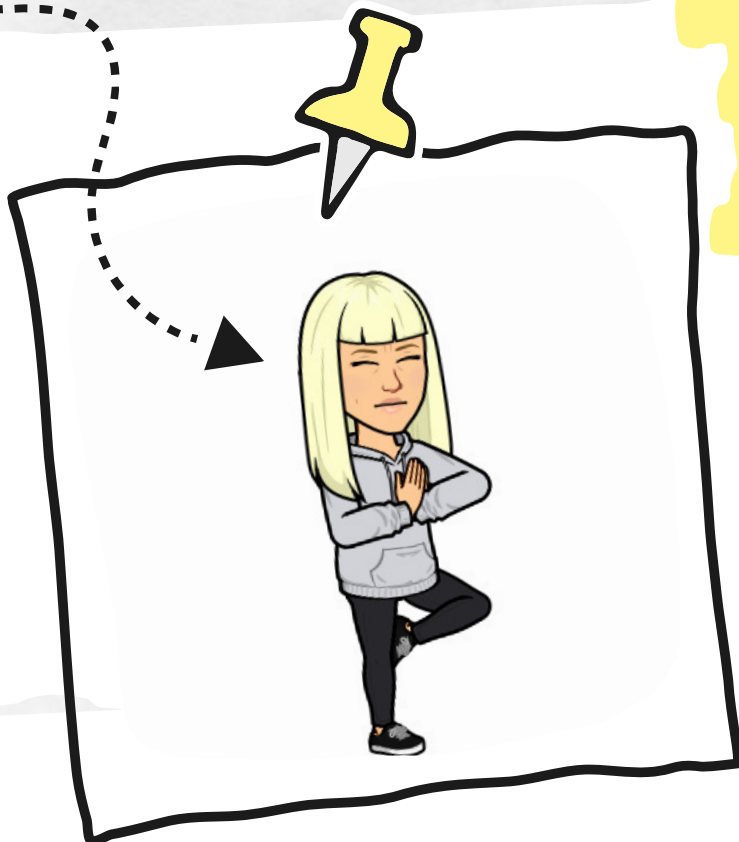
Telephone Assistance



MENTAL HEALTH TIP OF THE MONTH

Self-Worth

Avoid tying self-worth to an outcome. Academic pressures are real! Embrace a growth mindset. Make room for failure. See struggles and challenges as an opportunity to grow, learn, and expand your knowledge. Focus on hard work, effort, and perseverance.



Need to Make an Appt?
calendly.com/ms_muir_counselor