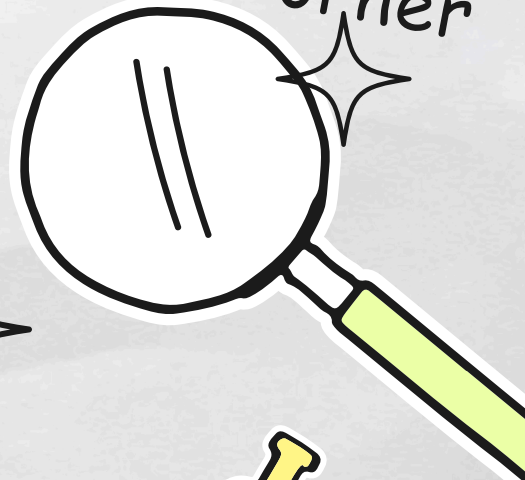


MONTHLY NEWSLETTER - OCT 2024

Ms. Muir's
Counselor Corner



Advice for the School Year

- *Use a Planner/Calendar - 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 & shared values!
- *Make Useful Connections - Reach out to staff for mentoring & help!
- *Work Hard - Don't give up!
- *Be Present - Enjoy High School (it goes by fast)!



When I Grow Up...



WHEN I GROW UP,
I Want To Be...



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, & identify the education necessary to perform various jobs. *Take the available quiz to find which careers fit your interests!

Be "In the Know"

Students:

***Minga** => All-School Communication!

***Teams** => Specific Group Communication (i.e., academic classes and Advisory)

Parents:

***Parent Square** => Parent Communication

***Teams** => Have your student login to show you what they are working on in each class and homework assigned.

Students/Parents:

***PowerSchool** => Check grades weekly!

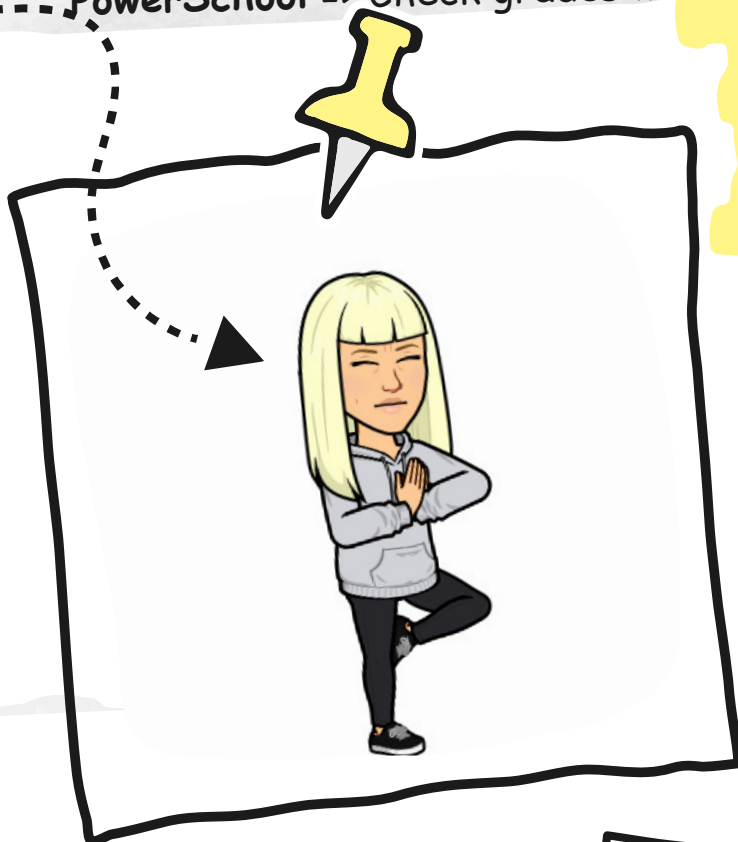


MENTAL HEALTH TIP OF THE MONTH

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 appointment with me?

calendly.com/ms_muir_counselor