



# Guess What?

Discover more about what your student just learned in advisory



January/February 2025

## 2024-2025 Focus

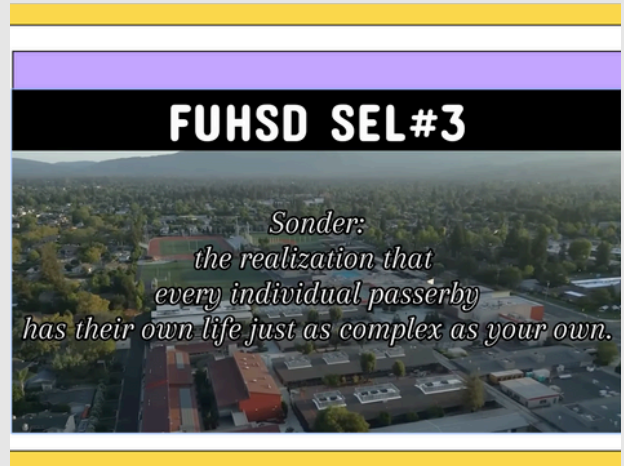
**Healthy Individuals and Communities:  
Focusing on learning responsible decision making skills  
with purpose and belonging as our strong foundation.**

Your student may have already engaged with, or will be engaging with an Advisory where we continue to hone our sense of belonging. This month's advisory lesson is focused on comparison and Sonder. [Click here](#) to view the lesson.

Sonder - a term the students on the advisory team made the adults aware of - is the recognition that we are all living full lives that others may not be aware of. Sonder reminds us that we all have strengths and challenges.

Our students often speak about the stress of comparing themselves to others, of being compared to others through grades, money, college acceptance, physical attributes and more.

Social comparison makes it more challenging to develop healthy relationships and may lead us to making poor decisions. We do recognize that comparison is something we all do because our brains are programmed to categorize, however, too much comparison can lead to unhealthy outcomes for individuals and groups. The link between comparison and sonder is: if we recognize we are all going through things that others are not aware of, we will be less likely to judge and compare, increasing our ability to build community. Using video clips, partner discussions and individual think time, students are able to begin living their purpose and contribute to a sense of belonging in their environment.



[Click to learn about Project Cornerstone FUHSD Workshops](#)

## Try it at Home

Try one of the strand activities located in the video link above and share what you explore with your students. Consider asking your students how social comparison may have benefitted them, and, where it has hindered or harmed them.

## Words to know

### **Sonder**

The feeling one has on realizing that every other individual one sees has a life as full and real as one's own, in which they are the central character and others, including oneself, have secondary or insignificant roles.

In a state of sonder, each of us is at once a hero, a supporting cast member, and an extra in overlapping stories.

### **Social Comparison**

Social comparison is the process of evaluating oneself against others to assess personal abilities, achievements, and social status. This evaluation can significantly impact an individual's self-concept and self-esteem, influencing how they perceive themselves in relation to peers and society.

## Resources

### **Care Solace**

1 (888) 515-0595

[www.caresolace.com/FUHSD](http://www.caresolace.com/FUHSD)

### **County Mental Health**

1 (800) 704-0900

### ***NEW* Suicide and Crisis Lifeline**

Dial 988

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**Refer your teen to a school-based mental health professional for help during the school day (8:00a-3:30p)**

[Cupertino](#)

[Fremont](#)

[Homestead](#)

[Lynbrook](#)

[Monta Vista](#)

[Educational Options](#)