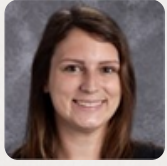




Ms. Touran A-J



Ms. Covington K-Sh



Dr. Smith Si-Z

WHY GET TO KNOW YOUR SCHOOL COUNSELOR?

Academic + Learning Support

- Staying up too late or feeling constantly behind on work
- Improving study habits, test-taking strategies, and time management/organization
- Talking with teachers about concerns or misunderstandings
- Navigating schedule issues or overcommitment
- Fact-checking college admissions/rigor
- Understanding grad requirements

College + Future Planning

- Exploring majors, careers, and pathways that fit your strengths
- Building a balanced college list and identifying opportunities
- Understanding scholarships, internships, and more
- Preparing for college applications, essays, interviews, and recommendations

Well-Being + Mental Health

- Feeling tired, overwhelmed, stressed, anxious, or unmotivated
- Balancing school with sleep, health, and downtime
- Coping with perfectionism or fear of failure
- Strategies for improving confidence, managing pressure, and setting boundaries
- Referrals to outside mental health resources when needed

Social + Relationship Support

- Conflicts with friends or peers-mediation and communication strategies
- Feeling lonely or having trouble fitting in
- Healthy relationship and digital communication guidance

Life Events + Advocacy

- Extenuating circumstances affecting attendance or school performance
- Support and communication during illness, family stress, or major life changes
- Accessing school-based accommodations and resources
- Someone to advocate for you when you need help navigating a challenge



IN THIS ISSUE

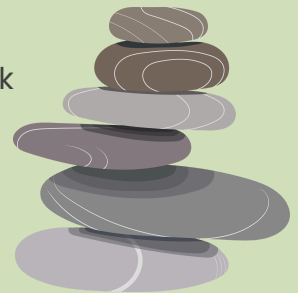
- Why Get to Know Your School Counselor?
- How to Make an Appointment
- College Admissions: What Do Colleges Look For?
- Admissions Stress is Unnecessary and Harmful
- 33 Strategies for Academic Success at Tesla STEM
- Office Hours: How to Use and Staff Directory
- Spotlight on Attendance
- Why Prioritizing Sleep is One of Your Best Strategies for Success

Connect with Us!

Drop-Ins: DAILY during the 10am break & most lunches

Book a Student Appointment [HERE](#)

Ms. Touran: Last Names A-J (Mon-Fri)
Ms. Covington: K-Sh (Mon-Fri)
Dr. Smith: Si-Z (Mon-Wed)



All students also have access to our Y.E.S. Counselor - Cora

Free, confidential one-on-one support for students experiencing depression, anxiety, substance use, suicidal thoughts, self-harm, abuse and trauma, cultural and gender identity exploration, loss and grief, relationship challenges, and more.

[LEARN MORE & BOOK AN APPOINTMENT WITH CORA HERE](#)

College Admissions

What Do Colleges Look for in Students?

PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS
FIRST-TIME FRESHMEN, FALL 2023

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
High school grades in college prep courses	185	76.8	15.1	4.9	3.2
Total high school grades (all courses)	185	74.1	18.9	5.4	1.6
Strength of high school curriculum	185	63.8	22.7	10.3	3.2
Positive character attributes	184	28.3	37.5	18.5	15.8
Essay or writing sample	185	18.9	37.3	26.5	17.3
Student's interest in attending	185	15.7	27.6	25.4	31.4
Counselor recommendation	185	11.9	40	27.6	20.5
Teacher recommendation	185	10.8	40.5	28.1	20.5
Extracurricular activities	185	6.5	44.3	30.8	18.4
High school class rank	183	5.5	22.4	43.2	29
Admission test scores (ACT, SAT)	185	4.9	25.4	38.9	30.8
Portfolio	185	4.9	10.8	24.3	60
Interview	185	4.3	8.6	32.4	54.6
Work	185	2.2	30.8	40	27
State graduation exam scores	185	1.6	6.5	18.4	73.5
AP/IB Test Scores	185	1.1	22.2	25.9	50.8

More Recommended Reading

- [The Two Most Important Letters in College Admission](#)
- [Debunking College Quotas, and the AP vs. IB vs. Dual Enrollment in Admissions](#)
- [How to Use Rankings Effectively](#)
- [Holistic review – UW Office of Admissions](#)

Strategies for Academic Success



Study Strategies

- [How to Study Effectively](#)
- [Using a Planner](#)
- [How to Use Cornell Notes](#)
- [Designated Study Spaces](#)
- [Creating an Effective Study Space](#)
- [Tips for an Effective Study Group](#)
- Set the scene with a "Study With Me" type of video!



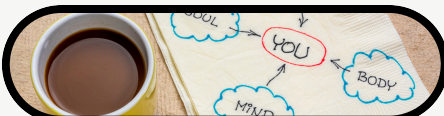
Test-Taking

- [Spaced Repetition](#)
- [The Key to Tests](#)
- [How to Study for the Test Worksheet](#)
- [Why Cramming For Tests Often Fails](#)
- [Multiple Choice Test-Taking Strategies](#)
- [Test-Taking Tips/5 Test Prep Strategies](#)
- [Test Anxiety](#)
- [Test Anxiety Workbook](#)



Time Management & Motivation

- [Procrastination](#)
- [Overcoming Procrastination](#)
- [Pomodoro Technique](#)
- [Tomato Timer](#)
- [Time Management, Organization & Motivation](#)
- [Break the Cycle of Procrastination](#)
- [Decreasing Digital Distractions](#)
- [Tame Procrastination](#)
- [Overcoming Different Types of Procrastination](#)
- [Time Management Strategies Workshop](#)



The Necessities

- [Social/ Emotional Wellbeing Resources for Tesla STEM Students](#)
- [What is Stress: An Introduction](#)
- [Stress Management Plan Template for Teens](#)
- [How Can I Manage My Anxiety?](#)
- [Teen Nutrition Needs](#)
- [The Science of Wellbeing for Teens \(Yale's Most Popular Class\)](#)
- [Guide to Relaxation Techniques](#)
- [Headspace + free teen account](#)

CHRONIC ADMISSIONS STRESS IS HARMFUL & UNNECESSARY



This essay was featured in an April 24, 2021 Washington Post article by Jay Mathews (author of Harvard Schmarvard) and **provides overwhelming evidence that chronic college admission stress is based on false assumptions** and that anxiety regarding gaining admission to the most selective college possible is unnecessary.

Office Hours: Directory

- Pick 1-2 days per week to commit to office hours
- Get homework help *before* you turn it in
- Clarify lectures, assignment expectations and due dates
- Get tips about how to improve study techniques
- Plan ahead for future assignments/tests
- Learn how to break down big projects into smaller pieces
- Build positive relationships with your teachers/show you are invested in their class

Spotlight on Attendance

Regular attendance is essential not only for learning course content, but also for accessing the relationships, resources, and context that strengthen a student's sense of belonging. Being present in class helps students stay on track academically, understand expectations, and build supportive peer connections. Attendance is recognized as a key early indicator of student success.

Research shows that missing school negatively affects a student's academic performance. Missing just two days a month is known as "chronically absent".

Parent Tips to Support Positive Attendance

- Avoid scheduling vacations when school is in session.
- Build regular routines for bedtimes and mornings.
- Talk about the importance of regular attendance and about how your child feels about school.
- **Don't permit missing school unless your child is sick.**
- If your child seems anxious about going to school, talk to teachers, school counselors, or your school principal for advice on how to help your child feel comfortable and excited about learning.
- Avoid medical appointments when school is in session.

UNACCEPTABLE reasons to miss class time include:

- Studying for tests/exams
- Avoiding tests/exams/due dates
- Completing college applications
- Sleeping in

The More You Know

Why Prioritizing Sleep Is One of Your Best Strategies for Success (Especially at Tesla STEM)

At a school where cramming, late-night studying, and jam-packed schedules feel like part of the culture, it can seem like sleep is a luxury you can't afford. But here's the reality: getting a full night's sleep is one of the smartest, most efficient things you can do to improve your performance in every STEM pathway. Skipping sleep to squeeze in more productivity often backfires — slowing you down, increasing stress, and draining your energy. Sleep is fuel for your brain, your body, and your emotional resilience. It's what turns effort into achievement.

You have high goals here. If you want to perform like the high-achiever you are, sleep needs to be part of the plan. Here's why:

1. Sleep Supercharges Memory and Learning

At Tesla STEM, you're constantly absorbing complex content — physics equations, bio pathways, coding logic, engineering design cycles. When you sleep, your brain is "saving the project file," consolidating new information into long-term memory. Pulling an all-nighter might feel productive, but without sleep, your brain can't store what you studied. A solid night's sleep after learning actually helps you retain more with less stress.

2. Sleep Sharpens Focus and Problem-Solving

Rigor is real here — science, research, advanced math, multi-step labs. When you're tired, attention tanks, mistakes multiply, and even simple assignments feel harder. For critical thinking, spatial reasoning, data analysis, coding, and test-taking, you need a fully charged brain. Sleep improves accuracy, processing speed, and creativity — basically every skill you rely on daily.



3. Sleep Protects Your Mental Health

Tesla STEM can be intense. A tired brain is quicker to feel overwhelmed, anxious, or irritated. Sleep is how your brain regulates stress hormones and builds emotional resilience. When you're well-rested, group projects go smoother, social stress feels manageable, and small setbacks don't feel like disasters. You stay calm, confident, and more in control.

4. Sleep Strengthens Your Body & Immune System

Being sick means missing class, falling behind, and scrambling to catch up, *the opposite* of what you want. During sleep, your body repairs muscle tissue, supports growth, and boosts your immune system. Prioritizing sleep means fewer sick days, more energy, and better performance.

5. Sleep Improves Performance in Activities You Love

Whether you're competing in FBLA, building a robot, presenting, climbing, coding, or gaming, sleep is your hidden advantage. It improves reaction time, fine motor skills, stamina, and the ability to learn complex skills. If you want to show up as your best self in your STEM Lab, your sport, or your creative passions — sleep is essential.

Small Adjustments Can Make a Big Difference

- Stick to a Schedule:** Go to bed and wake up at the same time every day to regulate your body clock.
- Set a Homework Cut-Off:** Pick a stopping time (e.g., 10:00 pm) so your brain has time to wind down before bed.
- Avoid Evening Caffeine/Sugar:** Keep coffee, soda, and energy drinks earlier in the day so they don't delay sleep.
- Limit Long Afternoon Naps:** Short naps (20–30 min) can boost energy, but long naps—especially after 3:00 pm—can make it much harder to fall asleep at night.
- Wind Down Without Screens:** Relax with reading, stretching, or calm music and avoid screens for at least 30 minutes before bed.
- Share Your Plan:** Let friends and family know you're prioritizing sleep so they can support your routine.

