

COUNSELOR CONNECTION

Pittsburg Jr. High- Krystal Kuban

March 2026

A NOTE FROM THE COUNSELOR

Happy New Year! The new year is a great time to talk to your child about their goals, whether it be academic or personal goals.

MONTHLY CHARACTER TRAIT

March- Cooperation

PARENT CORNER

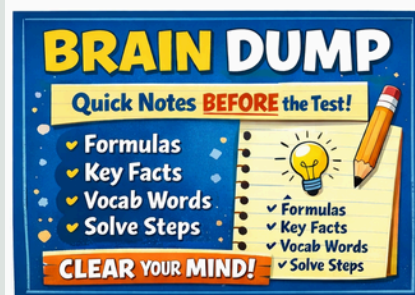
Keeping up with your child's academics and studying habits becomes increasingly important as they get older. [Here](#) is an article and a few tips: **Tips for Study**

Success

- **Afternoons are golden.** Kids' brains are still active after school, making this a great time for focused study.
- **Allow recovery time.** Give your child a short break after school before diving into homework.
- **Snacks help!** Healthy brain fuel like fruit, nuts, or yogurt can boost focus.

CLASSROOM LESSONS

We are wrapping up our lessons on honesty. You can view the lesson [here](#). Our next set of lessons will be on test anxiety and how to maximize our working memory by learning some new brain hacks/study skills. You can start viewing the lesson [here](#).



PITTSBURG JR. HIGH PROGRAM

[Brochure](#)



SCHOOL HOUR CONTACT INFO

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