Welcome Back!

7th Grade

2026-2027



Agenda

- Pre-Test
- Counseling Department
- School Resources
- Work, Life, Balance
- Activity
- Post-Test



Pre Test



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Learning Objectives

- By the end of this presentation, students will:
  - Identify what supports they have on campus
  - Learn how to balance school, life, and activities

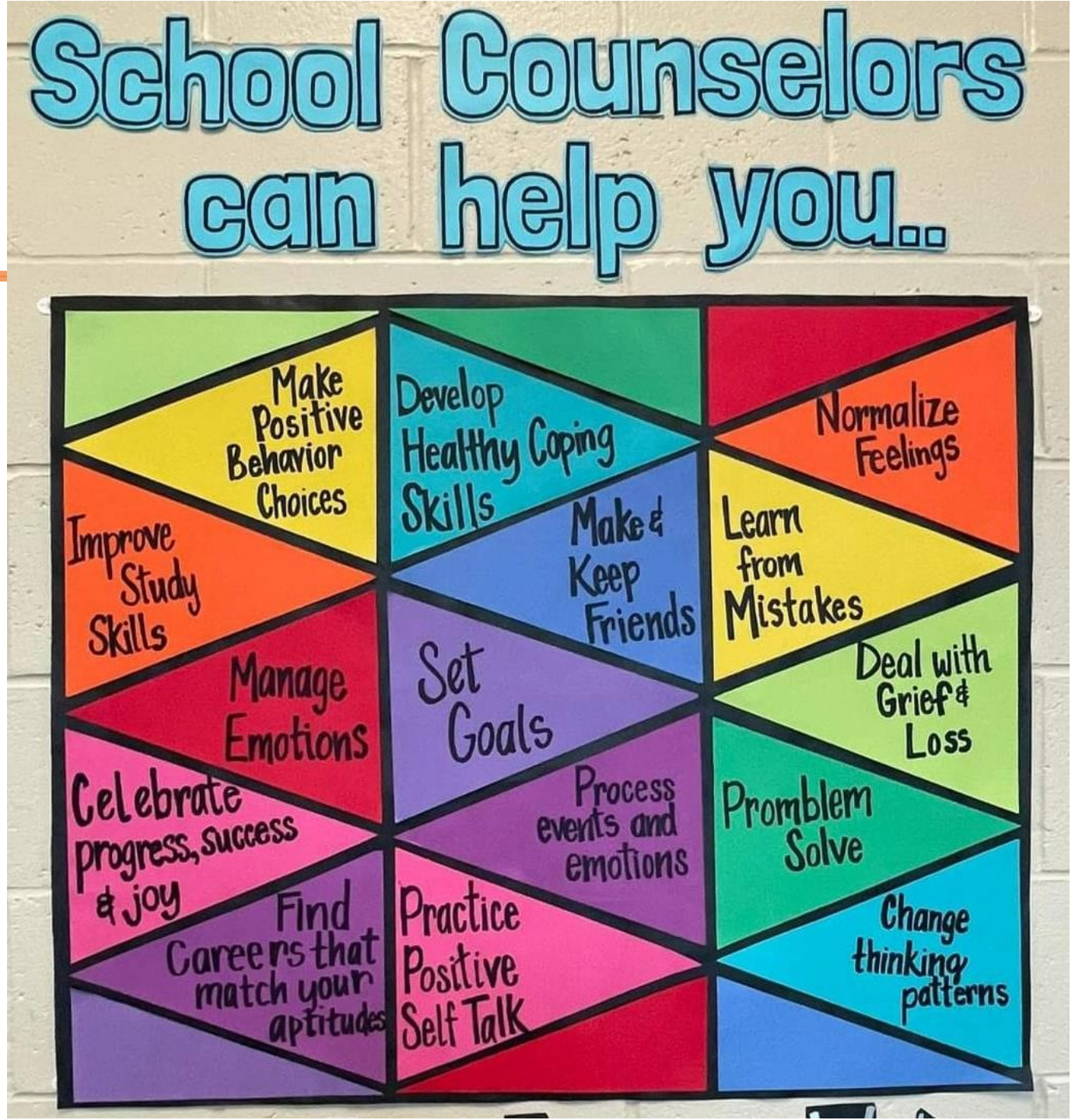


Counseling Department

- Mr. Amezquita
  - Last Names A-Mal
  - College: UC Merced
  - Fun Fact: "Loves to play Chess"
- Mrs. Kaing will be returning in January
  - Last Names H-P
  - College: Sacramento State
  - Fun Fact: "I went to Williams Middle School!"
- Ms. Vargas
  - Last Names Mam-Z
  - College: Grand Canyon University
  - Fun Fact: "I play volleyball and soccer"

Counseling Department

- What do we do
  - Class schedules
  - Bullying
  - Peer conflicts
- Where can you find us
  - Request form in office to see counselor



Support Services on Campus

- Valley Community Counseling Services (VCC)
- FACES
- Boys and Girls Club

Office Staff



PRINCIPAL



ASSISTANT PRINCIPAL



SCHOOL SECRETARY



ATTENDANCE



CLERKS



CUSTODIAN



LIBRARIAN



LUNCH STAFF

How to be Successful—Social/Emotional

- Friends/Relationships
- Conflict Mediation
- Ask for support
- Social media (think twice before you post)
- Kindness matters

How to be Successful—College/Career

- Start thinking early, build your future
- College Next program
- Consider all your options
  - Military, College, Work Force
- Talk to your counselor about potential careers



How to be Successful—Academics

- Organization
- Grades matter
- Work completion
- Attendance/Tardies
- Connect with support
  - Ask a teacher, participate in interventions, homework club, counselor help



The Power of Balance

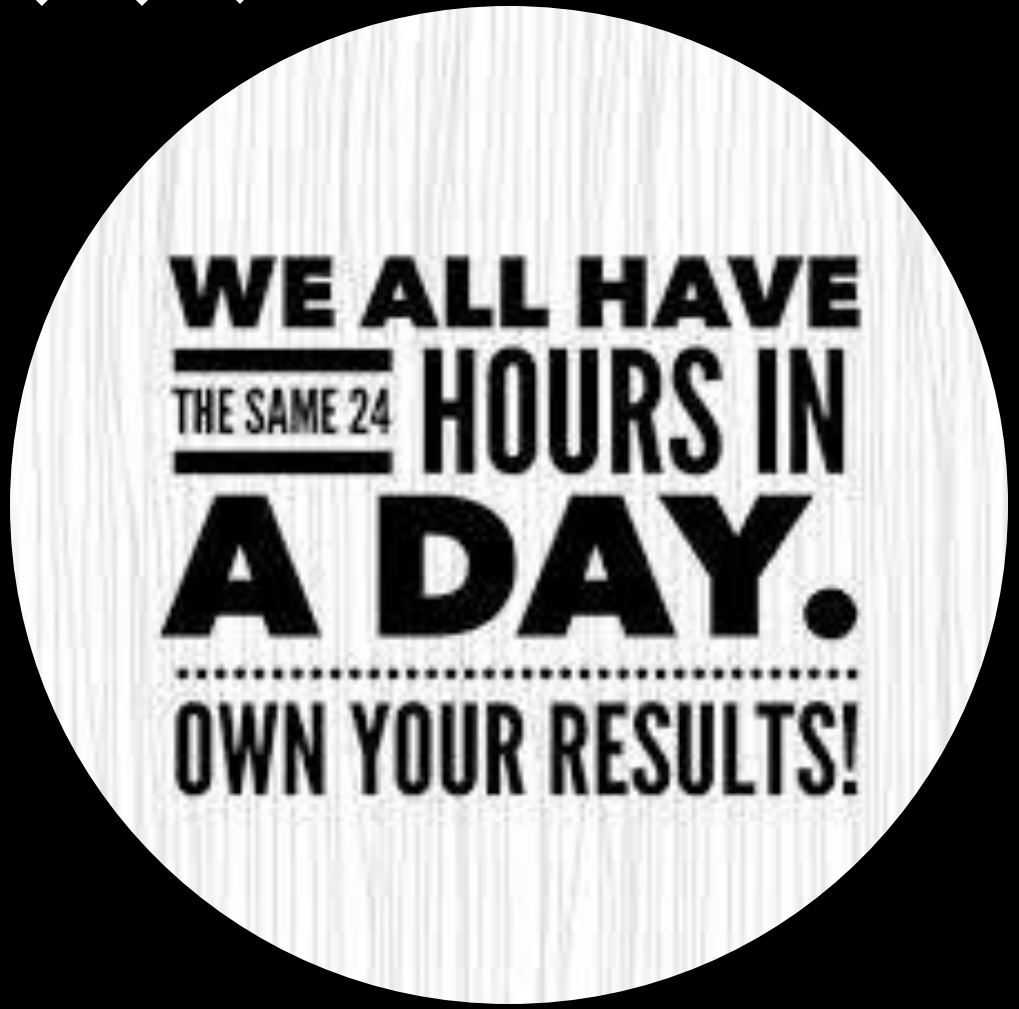
- **Balance**—is having the right amount – not too much or too little – of any quality, which leads to stability and structure
- Healthy Balance



Work, life and Balance

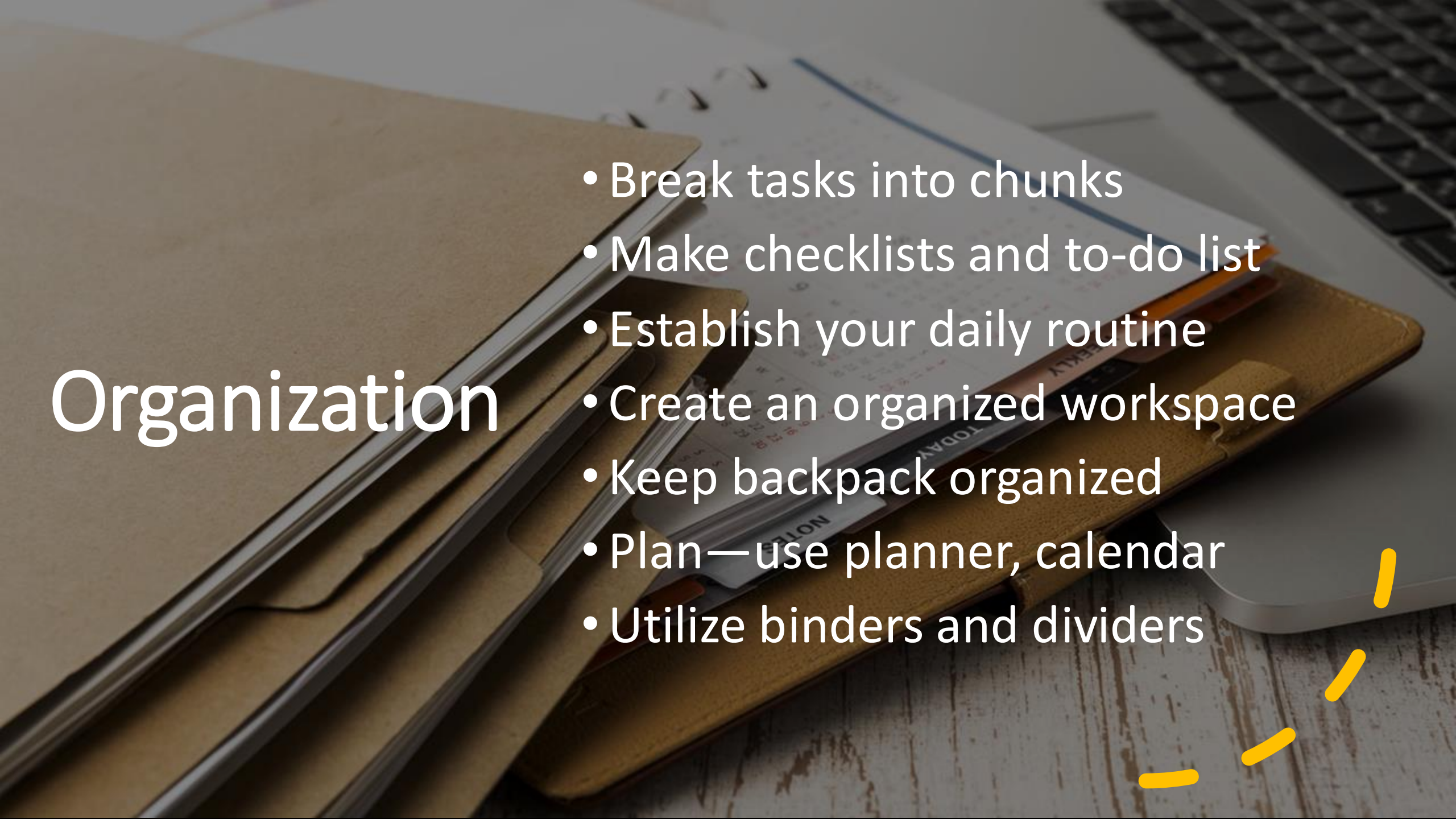
- Work
  - Going to school
  - Homework
  - Studying
  - Weekend job
  - Chores
  - Volunteer
  - Babysitting siblings
  - Extracurricular Activities
  - Etc.

- Life
  - Family time
  - Spending time with friends
  - Do something you love
  - Take a break
  - Go for a walk
  - Playing a sport
  - Playing video games
  - Social Media
  - Etc.



Use Your Time Wisely!

- Do you spend your time wisely or waste it?
- Set realistic goals
- Don't procrastinate
- Ask for help
- Make time for yourself

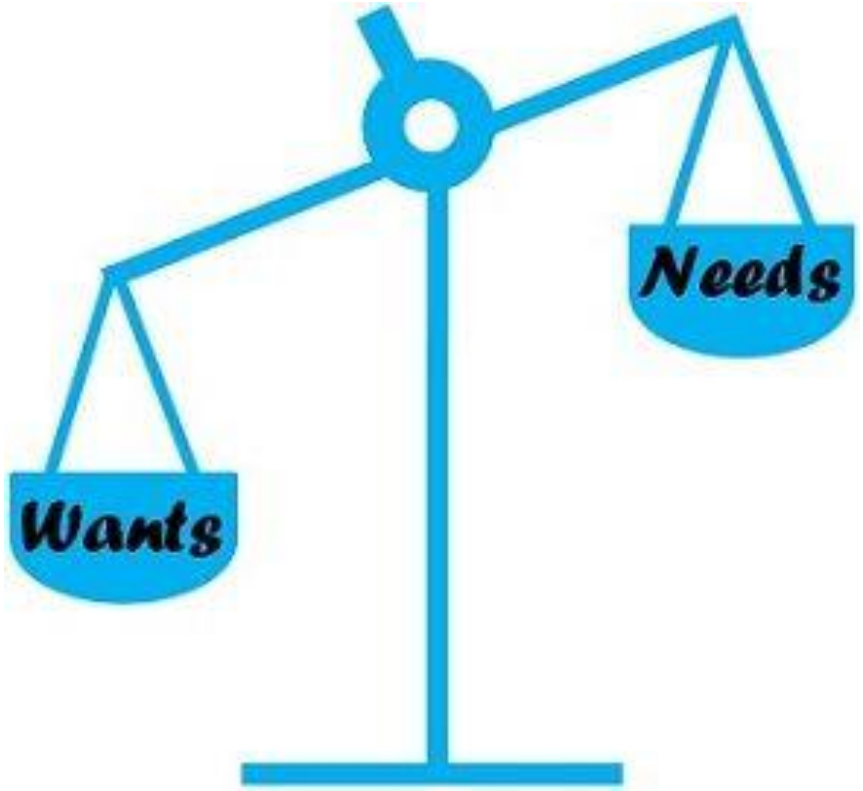


Organization

- Break tasks into chunks
- Make checklists and to-do list
- Establish your daily routine
- Create an organized workspace
- Keep backpack organized
- Plan—use planner, calendar
- Utilize binders and dividers

Balancing Priorities

- Needs – things we must have for success in school/life
  - Sleep
  - Chores
  - Assignments/Homework
- Wants – How we like to spend our free time
  - Entertainment (Music, YouTube, Netflix, Hulu)
  - Hanging out with friends
  - Social media



Activity

Time Management Chart

Time Management Chart

Using the options provided in the box below, how do you prioritize these in your weekly schedule? Fill in the weekly calendar below with your response.

Homework
Studying
Chores
Talking to Friends
Practice (ex. sports, band)
Video Games

Watching TV
Social Media (ex. TikTok, YouTube)
Time with Family
Meals – Breakfast, Lunch, Dinner
Sleep/Nap
Shower/Getting Ready

	Monday	Tuesday	Wednesday	Thursday	Friday
6 AM					
7 AM					
8 AM	School	School	School	School	School
9 AM	School	School	School	School	School
10 AM	School	School	School	School	School
11 AM	School	School	School	School	School
12 PM	School	School	School	School	School
1 PM	School	School	School	School	School
2 PM	School	School	School	School	School
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					
9 PM					
10 PM					

CHOIR!

- Learn to use your voice to sing melodies and harmonies every day.
- Learn to read music notation and work in an ensemble.
- Perform in concert for your families and the community.



Post-Test



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