

Counselor Connection



STUDY TIP OF THE MONTH

Take quality notes that work for you during class. This will help you easily recall the material while you are studying for the exam.

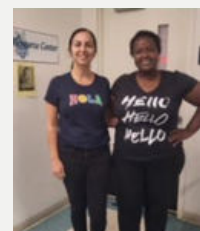
VALUES MATTER

Responsibility

1. Practice Self-control
2. Be accountable for your choices
3. Finish what you begin
4. Do your best and keep trying

September Highlights

Start With Hello



UPCOMING EVENTS

October 3rd- College Application 101 @ 6:30 in Media Center(check your dadeschool email to register)- Scan QR code below.

October 6th - **Mental Health Wellness Fair** (Courtyard during lunch)

Silver Knights Interest Meeting Room 2121 (during lunch)

October 7th- **Hispanic Heritage** activity (Courtyard during lunch)

October 11th- FASFA workshop- 2 sessions (Register via SCOIR)

October 12th- PSAT

October 19 **College Fair** (gymnasium during lunch)

October 25th and 26th- **Junior class presentations**

October 27th- **School-Day SAT** (Seniors only)

October 29th- **Homecoming**



October is.....

*Bullying Prevention Month. Click [here](#) for resources.

*Domestic Violence Awareness Month. Click [here](#) for resources.

*Positive Attitude Month- Practice daily- see Wellness Calendar for ideas

*October is **Breast Cancer Awareness Month**. Click [here](#) for how you can help.

October 23-31- **Red Ribbon Week**. This year's theme is "Celebrate Life. Live Drug Free."

FACTS ABOUT ATTENDANCE

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
 - By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
 - By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
 - Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success. Click [here](#) for more information.

OCTOBER WELLNESS CALENDAR



SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



FOR HAPPINESS

Happier · Kinder · Together