

Counselor Connection



STUDY TIP OF THE MONTH

Beware of 'easy' weeks. This is the calm before the storm. Lighter work weeks are a great time to get ahead on work or to start long projects.

VALUES MATTER CITIZENSHIP

Help create a better society

Join a school club

Obey school rules

Keep school clean

Take care of environment

Respect others

October Highlights



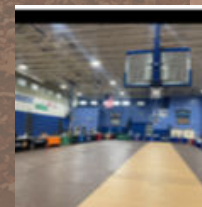
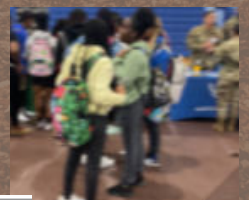
Mental Health Wellness Day



Hispanic Heritage



College Fair



UPCOMING EVENTS

November 3-4: Blood Drive (community service opportunity)

November 9 SEL Strong Saving Money Related to Food during lunches

November 1-10 - ACT -students check your email

November 9-9th Annual MDCPS South Region School Expo @ Miami Dade Fair Expo Center

November 21-25 Thanksgiving Break

November is.....



***National Career Development Month.** Go on Scoir account for resources.

***National Hunger & Homeless Awareness Month.** Click [here](#) for resources.

***National Scholarship Month-**Read the Scholarship bulletin from Ms. Morales (CAP Office)

***College Application Month-**Did you attend the College Fair? Go on your Scoir account to research colleges and universities.

***Family Engagement Month-** The Parent Academy provides free classes and workshops to parents click [here](#) for more information.

Facts about Test Anxiety



- It's common for high school students to struggle with test anxiety. About 20% of high school students and young adults experience high levels of test anxiety, and another 15% struggle with moderate test anxiety.
- Many teens and young adults do not yet understand the difference between expected levels of test-taking anxiety and the kind of test-taking anxiety that interferes with successful performance on tests and potentially with academic and career trajectories.

Click [here](#) for more information.

NOVEMBER WELLNESS CALENDAR



New Ways November 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times

