



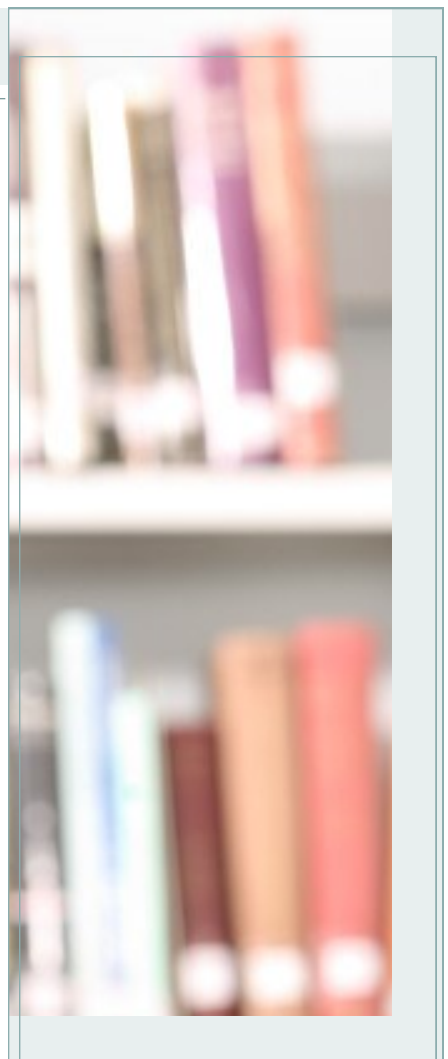
Counseling Department Newsletter

WELCOME SOUTH STUDENTS AND PARENTS

The Council Rock South High School Counseling Department is excited to continue our work with students and parents for the remainder of the 2023-2024 school year! As we finish up the third marking period, we hope to continue developing strong relationships and supporting students in an effort to finish this year with success. We understand that finding ways to stay motivated can be challenging, and that emotional and mental health continues to be areas of needed attention. Our newsletter contains tips on increasing motivation, strategies for self-care, as well as information about our Naviance program and Career assessments, Course Selection deadlines, and additional helpful information to be aware of.

STAYING MOTIVATED

- ◆ *Remind yourself why you care*—what are your future goals for college or a career?
- ◆ *Set small daily goals and make to-do lists*—setting goals helps to give us direction, and writing a list can make it easier to keep track of progress.
*Bonus tip: put due dates next to tasks to help with prioritization!
- ◆ *Minimize distractions*—set up your surroundings so you make good decisions, such as placing your phone where you can't see it and doing homework from a desk or kitchen table.
- ◆ *Pair your work with something fun or interesting*—pick a comfy spot to study, play a favorite song in the background, prepare a snack you only have when doing work, or ask a friend to be a study buddy!
- ◆ *Establish a rewards system*—select a reward for yourself that will help motivate you to get something done, such as a video game or walk outside.
- ◆ *Factor breaks into your homework routine and remember to take a breath*—sometimes taking a break and coming back to something helps you face it more easily.



KNOW WHEN IT'S TIME FOR EXTRA HELP

It's important to identify when you could use some support and to know your available resources:

- **Talk with your teachers about your struggle —they can't know how to support you if they aren't aware you feel lost!**
- **Attend clinic on Tuesdays and Thursdays at 2:15.**
- **Reach out to your counselor if you are interested in working with a peer tutor from the National Honor Society.**

SELF-CARE STRATEGIES

MENTAL HEALTH

WHATEVER YOU CHOOSE TO WATER WILL GROW



SUPPORT IS AVAILABLE!

As a reminder, the counseling staff is ready and willing to support our students and families with anything that may be impacting them.

Please don't hesitate to reach out to us with any way we can support you!



You gotta
nourish
to flourish

-Make sure you are taking care of your **basic needs**, which includes getting enough sleep and nourishment.

-**Stay active:** whether it is going for a run, playing basketball, doing an online yoga video, or taking your dog out on a walk, physical activity is helpful for both our bodies and our minds.

-**Get some sunshine!** Getting outside can refresh the mind and helps to boost energy— you can even open a window to let fresh air in while doing school work.

-Stay **connected** to others—feeling supported by family and friends during this time can have a positive impact on our mental health, so find safe ways to connect with people in your life.

-Make time to **unplug and relax**—whether this is listening to music, engaging in art, reading a book, kicking around a soccer ball, or watching a movie, fitting in time to decompress is very important for self-care.

-Practice **gratitude**—it is easy to feel overwhelmed by the negativity around us; create time to reflect on the positives in your life.

-Know that it is **okay** to **ask for help** if you are struggling—we are here for you!

ADDITIONAL TIPS TO FINISH THIS YEAR WITH SUCCESS AND CONTINUE INTO NEXT:

-**Continue to participate** in activities that interest you in school or outside of school. If you have not found a connection to school yet, be sure to keep an eye out for information about activities at the start of next year to sign up for a new club, or consider taking a leadership role in an organization you are already a part of.

-**CANVAS-** Continue to access your student account to make sure you are finishing out the year on a strong note. Be sure to communicate with your teacher if your grades indicate you need extra help.

-**Program planning-** While course selection has already passed, please be aware that **April 5** is the last day to make any changes to next year's schedule.

10TH GRADE INVOLVEMENT IN CAREER EXPLORATION

Council Rock High School South uses **Naviance** as the main college and career information tool. **Naviance** enables our counseling office to offer a comprehensive website that you and your child can use to help in making decisions about colleges and careers. **Naviance** is used to help track and analyze data about college and career plans so it provides up-to-date information that is specific to our school.

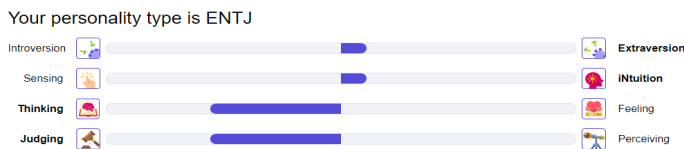
Naviance will allow you and your child to keep track of career plans, research colleges, and receive communication from our school. This year, sophomores received instructions to access their Naviance accounts and to complete the *Personality* and the *Career Interest Profiler* career assessments to facilitate thoughts about their future. They can expect to be re-introduced to the program in eleventh grade in their initial college orientation sessions with their counselor. Since students can easily access this program, they are encouraged to use it at any time to further explore college and career options.

COMPLETION OF CAREER INTEREST INVENTORIES

Personality

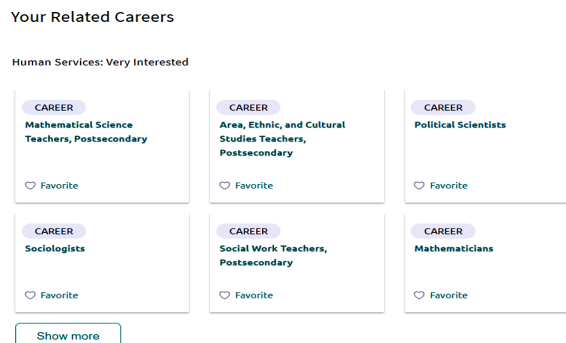
The *Personality assessment* helps students identify their personality type by having them choose scenarios that best represent how they behave in real life.

This tool will reveal their true personality and provide tips to achieve success, in a way that works for them.



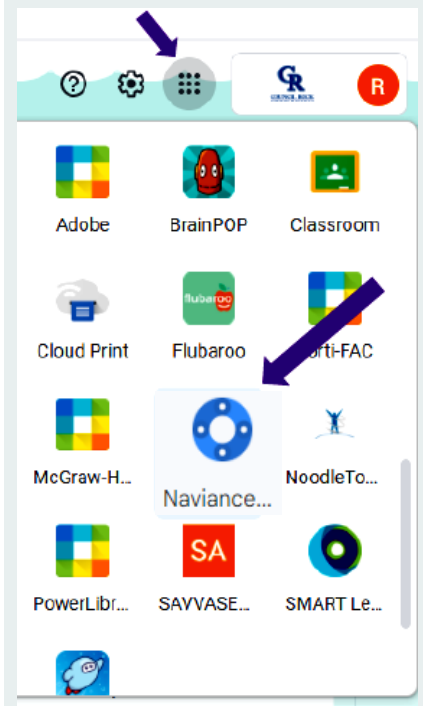
Career Interest Profiler

The Career Interest Profiler is a tool that can help students discover the types of work, activities and careers that match their interests. The results will tell students what area their strengths lie in, as well as careers they might consider as a fit for them.



If you need a reminder on how to access your Naviance account:

1. Make sure you are logged into your CRSD Google account.
2. Click the Google Waffle, then scroll down to the **Naviance Student** icon—once you click that, you are logged in!



If you would like to go back and view your results:

- Go to the “Self-Discovery” tab.
- There you will find the *Personality* and *Career Interest Profiler* career assessments, among others.

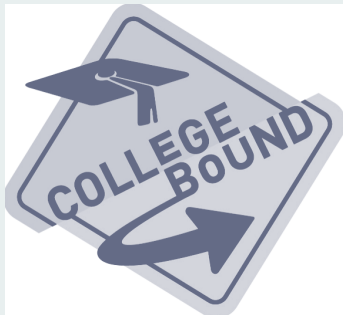


SOME HIGHLIGHTS TO THE START OF NEXT YEAR:



-PSAT Registration Information- Registration for the 2024 PSAT will begin at the start of the 2024-2025 school year and will be available until early October. More specific information will be available when we return to school next year. Any 9th, 10th or 11th grader can register, but it is predominately a test for juniors.

*This is a great opportunity for students to practice for the SAT, which they may start taking in the spring of their Junior year. Feel free to refer to our website at the beginning of the school year for more information.



-College Representatives Visits- Juniors and seniors are invited to attend college representative visits in the counseling office from late September through Thanksgiving. This is a great opportunity for students to ask specific questions to a college admissions officer to help determine if a particular school is a comfortable fit for them. The schedule will be accessible on the Naviance website.

