

# COUNSELING HOT TIPS:

## TIPS FOR OUR INCOMING RAVENS

### WHAT ARE COUNSELORS HERE FOR?

We are here to support all of our students holistic wellness. This includes their mental, academic, physical health and basic needs.

### SKILLS TO BE PRACTICING

- **An organizational system-** whatever works for you, that keeps you on top of things.
- **Checking and using your LWSD email and Skyward-** helps you know your assignments
- **Communicating with teachers-** It is good to talk with them and let them know what is going on with you!
- **Bouncing back -**It's ok to not get an A or succeed all the time, what matters most is you are learning!
- **Trying-** you may not always get the classes you want or like, but sometimes we have to try and do things that aren't our favorite
- **Being on time-** this will help you after high school too
- **Being present-** Getting used to not being on or having your phone all the time
- **Being Kind-** to your self and others
- **Get to know your Counselor!**