



JANUARY

Counseling Newsletter

Executive Functioning

Trying to promote your student's executive functioning skills? Try some of these prompting questions/statements to help strengthen and encourage their strategy development!

Working Memory: "What are some ways that you can remember everything you have to bring home at the end of the day?"

Flexibility: "Tell me three things you can do if you start your homework and realize you can't remember exactly how to do the assignment."

Task Initiation: "Let's make a list of what you have to do for homework and decide when you'll start each task."

Persistence: "Tell me about a time you wanted to do something that was hard for you and you stuck with it."

Planning: "You've got three things to do for homework tonight. What's your plan?"

Hybrid Schedules and Electronic Planners

Below are links to customizable Hybrid Schedules and Virtual Planners depending on your student's Group assignment. The document should force you to make a copy which can then be accessed and customized in you or your student's Google Drive. Schedule information can be accessed through Infinite Campus.

Hybrid Schedule Templates

[A Group Hybrid Schedule](#)

[B Group Hybrid Schedule](#)

[C Group Hybrid Schedule](#)

Virtual Planner Templates

[A Group Virtual Planner](#)

[B Group Virtual Planner](#)

[C Group Virtual Planner](#)



Just for Fun

Q: "Two in a corner and one in a room. None in a house, but one in a shelter. What am I?"

A: The Letter "R"



Important Dates

January 4 – Classes Resume

January 13 – Parent Information Webinar 6:00 pm

January 15 – End of First Semester

January 18 – Martin Luther King Jr. Day
(No School)

January 19 – First Day of In-Person Hybrid Model

January 29 – Teacher Institute Day
(No School for Students)



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Best Possible Self

Ahh, the new year. A time for new resolutions and an attempt to better ourselves. A new year provides us a new opportunity to reflect on our best possible self. Help your student to identify their best possible self using this visualization exercise. This can also be done as a family to increase accountability and togetherness!

Instructions: In a journal or on some notebook paper, you will imagine and describe your best possible self in three domains: personal, academic, and social-emotional. For the next week, spend 5 minutes visualizing your best possible self each day. Focus on one domain per day, cycling through each of the domains throughout the week. (You may want to record your practice in a chart.)

To perform visualization, picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

For each domain, imagine your best possible self for 1 full minute. Then, spend 5 minutes writing about your best possible self in as much detail as possible.

Domains

Personal: Skills, Hobbies, Personality, Health, Accomplishments, etc.

Academic: Grades, Goals, Skills, Future Career, Study Habits, etc.

Social-Emotional: Friendships, Family, Connections, Feelings, Emotions

Did You Know?

Working in front of a computer screen can cause eye strain. To avoid headaches, watery eyes, and blurred vision, try using the 20-20-20 rule. For every 20 minutes of screen time, look up at something 20 feet away for 20 seconds!

A Mindful Minute

Take a minute to gently stretch a body part. If you are at the computer, your neck or shoulders will thank you. If you have been sitting for a while, stand up and stretch your hips, hamstrings or calves. When your head is running the show, it is easy to ignore what is happening in your body. Your muscles hold onto tension so give them a quick release.

Word of the Month: Active Listening

How do you know when you are truly listening to someone? When you're face-to-face with someone, have you ever caught yourself distracted? We are often listening, but we are not always engaged in active listening. The difference is that active listening is an immersive experience in which you are focused on the individual and are present merely in your responsibility to listen. Even without saying a word, the other person has no doubt you are listening from your eye contact, body language, and how you respond. The lack of active listening is often the cause of miscommunications. Making a small change in attentiveness could help to resolve miscommunications before they become a problem.