

April 2018

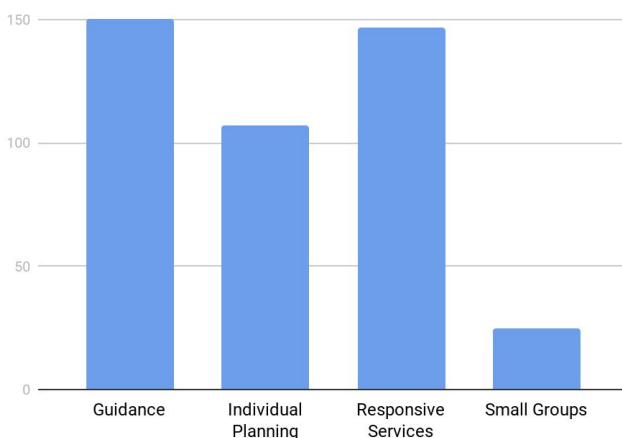
Harlan Counseling Newsletter



HAWKS PRIDE

March Data - Counselors met with students in Health classes to teach them about Healthy Relationships. We also began our Spring Counseling Small Groups. Our small groups cover the following: LGBTQ, social skills improvement, self-esteem, and anxiety. Our groups are 6-8 weeks long.

March 2018- Students Seen In...



What's Going On?

- April 26th- Five Love Languages Parent Night
- May- June- Counseling Small Groups Continue
- May 7th -May 11th Alg 1, Bio, US History STAAR.
- May - June 2018- New to NISD New Student Registration. We are now taking appointments.
- May- 9th Grade Guidance- Tech Friend Check

News

1. **Caught You Doing Good!** Please click on the link to nominate a student/staff member you witnessed doing a good deed! We will raffle a prize for all nominees and announce the winners at the end of month.

[Click Here to Nominate Someone](#)

HAWKS PRIDE- Character Asset of the month: **Perseverance**

Week 1 Tip - Find your Why- Knowing our purpose in life, give us the motivation we need to keep going. When you know your purpose, you can keep going strong because every day is a new day filled with new energy.

Week 2 Tip- Live in the Present- Don't live in the past or worry about the future. We can get overwhelmed with feelings of sadness, stress, anger, etc when we live in the past or worry about the future. Let go of your attachments, the more attached you are the greater the fear of losing it. Focus on what today is and what is in your control and not in your control.

Week 3 Tip - Care for Yourself- Take time to do the things you love. Relax, go for a walk, watch your favorite movie or tv show, read, spend quality time with the people you love. When we take care of ourselves, we will produce better outcomes.

Week 4 Tip - S.M.A.R.T. Goals- Setting up S.M.A.R.T. goals can help you reach your long term goals. Make your goals Specific, Measurable, Attainable, Realistic, Timely. Have someone hold you accountable by sharing what goal/s you want to reach. Focus on your goal/s daily and don't give up.