

May 2018

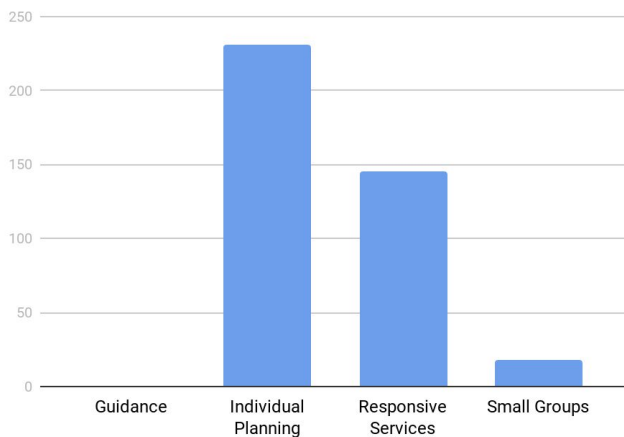
Harlan Counseling Newsletter



HAWKS PRIDE

April Data - Counselors met with students individually to plan for next year courses, continued to run small groups, met with students in individual counseling, and helped with testing.

April 2018- Students Seen In...



What's Going On?

- May - June 2018- New to NISD New Student Registration. We are now taking appointments.
- May 21st - 25th- 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! Nominees will receive a free treat. This is the last month to submit your nominations for the year!

[Click Here to Nominate Someone](#)

HAWKS PRIDE- Character Asset of the month: Evolve

Summer is a great time to get rejuvenated and make changes. Try some of these tips to create evolution this summer.

Week 1 Tip - Learn, Incorporate and Be It - In order to evolve, learning must take place. Do something new, attend a workshop, or pursue self mastery. Take advantage of some free time this summer to start creating new habits that can continue into next school year.

Week 2 Tip - Engaging Citizen- Find time to volunteer, be kind to a stranger at the grocery store, pick up trash that isn't yours, or leave a positive note to your waiter.

Week 3 Tip - Forgive- Forgive yourself and others. Forgiving doesn't okay the wrongdoing but is an act of freeing yourself from feelings of resentment, shame, and anger, to name a few.

Week 4 Tip - Persistence - Don't give up on goals you have set for your life. Maybe you got off track with your eating habits, try again. Maybe you stopped working out, start again. Maybe a relationship isn't the best, try harder. Whatever it is, don't give up, you will thank yourself later.

5 Love Languages Parent Night Hosted by our Counseling Intern, Amber Day

