

# Counseling Connection

APRIL - MAY 2019 | NEWSLETTER

## IMPORTANT DATES:

APRIL 10TH - LANGSTON  
UNIVERSITY REP  
VISIT (SIGN UP ON  
NAVIANCE)

APRIL 11TH - ROGERS  
STATE UNIVERSITY REP  
VISIT (SIGN UP ON  
NAVIANCE)

MAY 3RD - SENIOR WALK  
& ASSEMBLY

MAY 3RD - SOPHOMORE &  
JUNIOR RING ASSEMBLY

MAY 13TH - GRADUATION

Non-academic activities are highly valuable as well and should not be forgotten. They can help develop social emotional skills that shape good workers, learners, and people. Students can learn who they are and get help developing their future goals. These opportunities can include but are not limited to: shadowing someone in profession(s) of interest, getting an internship, doing charity or volunteer work, or getting a job. These can help students gain experiences that will help build their job resumes. This can also be an opportunity for students to help them learn what they love and also what is not for them. Learning or honing in on a (new) skill (such as studying a foreign language, taking a dance class, participating on a sports team, or taking music lessons) is a great way to show schools and employers that students have outside interests, are well rounded and are committed to an activity.

When picking an activity, it is important for students to think about what they enjoy, where they could improve, and what future goals they could pursue. Please remember, they shouldn't become too busy or overwhelmed; we don't want students returning to classes feeling emotionally or physically exhausted.

~Nicole Tafoya, M.S.

## MAKING BREAKS COUNT

While it is important for students to take time to relax and recuperate during school breaks it is equally important to spend some of the time being productive and creating meaningful and impactful experiences. It is all about balance. Academic based opportunities such as taking college classes, joining a high school program at a university, or joining a research program all can help students distinguish themselves from the crowd when applying to colleges. These experiences highlight their ambition and interest in learning. Visiting college campuses can help narrow their application list and studying for college entrance exams or working on essays for college entrance or scholarship opportunities can help save time and stress during the school year.



## SLEEP HYGIENE

Most people know that brushing and flossing are good habits for dental hygiene; however, routines and practices are also needed to maintain sleep hygiene. Teens need 8-10 hours of sleep per night, but more than 75% of teens get less than 7 hours per night. Factors such as busy social lives, extracurricular activities, jobs, etc., contribute to teens not getting enough sleep.

Unfortunately, lack of sleep can have negative affects on many different aspects of a student's life. For example, sleep deprived teens tend to be more irritable and easily frustrated. They are also more prone to risk-taking behaviors and attention problems, which lead to poor decision-making. Impaired or negative moods, poor behavior, and negative thinking ultimately affects students' academic and even athletic performance.

### How to improve sleep hygiene?

- \* Maintain a regular sleep schedule - Teens should go to bed and wake up around the same time every day.
- \* Be consistent on weekends - Even though teens can stay up a little longer, try to keep the difference in sleep and wake times within one hour.
- \* Create a sleep-friendly physical environment - quiet, dark room, cool temperature.
- \* Avoid blue light at least 30 minutes before bed - Blue light from phones, televisions, tablets, etc, inhibits melatonin (the sleep hormone) production.

- Jessica Hogaboom, M.S.

## Credit Recovery

### DO YOU WANT TO GRADUATE???

If you have any lacking credits, finish them as soon as possible through credit recovery!

Go into the 2019-2020 school year credit healthy!

\*Contact your counselor for questions



## Union High School Counselors

### CLASS OF 2019

DEBBIE WEBER A-F  
(918) 357-7208

CASEY MACHADO G-N  
(918) 357-7180

NICOLE TAFOYA O-Z  
(918) 357-6332

### CLASS OF 2020

JESSICA HOGABOOM A-F  
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MEGAN KENNEDY G-N  
(918) 357-7209

KALI ANDERSON O-Z  
(918) 357-7251

### CLASS OF 2021

REBEKAH JOHNSON A-F  
(918) 357-7223

JENNIFER WALTERS G-N  
(918) 357-7202

DEANNA HADDEN O-Z  
(918) 357-7213

## Interested in Alternative School?

Union's Alternative School is a great place for students who struggle academically for a variety of reasons. Students must apply and attend a forum in order to schedule an interview. Applications can be found on the Union website or students can retrieve one from their counselor. Alternative School Contacts:

Chris Ducker (Principal):  
918-357-7080

Judith Dickson (Counselor):  
918-357-7081