

# Counseling Connection

NOVEMBER - DECEMBER 2018 | NEWSLETTER

## IMPORTANT DATES:

### ACT TEST DATES

DECEMBER 8TH  
FEBRUARY 9TH  
APRIL 13TH  
JUNE 8TH

### SAT TEST DATES

NOVEMBER 3RD  
DECEMBER 1ST  
MARCH 9TH  
MAY 4TH  
JUNE 1ST

### SENIOR MOCK INTERVIEWS

NOVEMBER 6TH - 8TH

WE ARE IN NEED OF  
PROFESSIONALS FOR THE  
MOCK INTERVIEWS.  
PLEASE CONTACT THE  
CCC IF YOU ARE  
INTERESTED IN BEING  
AN INTERVIEWER.

## Time Management

For our high school students, opportunities for extracurricular activities, options for advanced placement, and concurrent enrollment courses are aplenty. However, Career Connect, internships, jobs, and let's not forget that time for friends and social activity, is still relevant and frankly, very important.

Time management for high school students is a big issue as they take on more responsibility without mastering the skills to balance it all. Workload, distractions, and motivation are each factors that affect the quality of time management for high school students. College Board suggests the following ways to help teens develop time management skills:

- Make a to-do-list every day
- Keep homework with them to work on during down time
- Learn to Say "No" to outings, extra commitments, etc.
- Learn the time of day they are most productive and utilize it (morning, night)
- Establish and protect a dedicated study time
- Ensure teenagers are sleeping enough each night

Most teenagers will need a little "nudge" toward developing these practices into habits. As most of us can attest, mastering these time management skills now will make the transition into college a much smoother one.

-Rebekah Johnson M.S.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it" -William Arthur Ward

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## Questions to Create Thinking

At Love and Logic, we believe that kids are best prepared for the real world when we allow them to do as much thinking as possible. It's good practice for the real world, and it keeps the monkey off of our backs most of the time.

Here's the problem. Do you know kids who like to keep adults doing all of the thinking? Do you know kids who are good at tricking us into doing so?

How do we avoid falling into this trap? One strategy involves using plenty of questions. The more questions we ask the better thinkers our kids will become.

People who understand Love and Logic also understand that the human brain seeks closure. When we use plenty of questions, children's brains are so busy searching for closure that they have less energy left over for power-struggles. The more questions we ask; the fewer-power struggles we will have.

Kids grow the healthiest and strongest brains when they're fortunate to spend time around adults who say things like:

- "I don't know, what do you think?"
- "Are you sure that's the best idea?"
- "How do you think that's going to work out for you?"
- "Do you think that's going to work out well or \_\_\_\_\_?"
- "What do you think you are going to do?"
- "Which one of these is the best solution to your problem?"
- "Do you have enough money to pay for any possible damage?"
- "Is that a wise decision?"

From: Love and Logic Articles  
Written by: Jim Fay  
Submitted by: Deanna Hadden

## Credit Recovery

**Dates:** September 10-December 14th

**Where:** UHS Room 2122

**Lab Hours:** 3:30-6:00 PM Monday- Thursday

**Enrollment:** Begins August 31st

**Cost:** One class = \$30, More than one class = \$60

**\*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

## Thanksgiving Dinner

Could your family use a little extra help providing a Thanksgiving meal? Forest Park Christian Church is graciously donating a limited number of Thanksgiving food baskets. Please let your counselor know as soon as possible if you are interested!

