Counseling Corner

Meridian Junior High* Stillman Valley, IL * 61084

Start with the End in Mind.

New school years bring new opportunities. New teachers, new schedules, and a fresh start. Start this year off by deciding right now that you will be a success. Set a goal and decide you can reach it! You have all the ability you need to reach your highest potential. What you need are the tools.

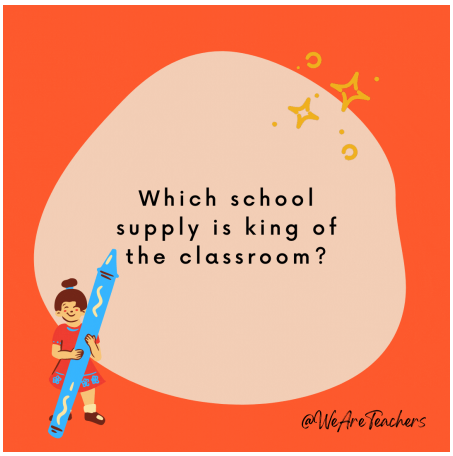
What GOALS do you want for this year? _____

What will you DO to reach those goals? _____

What are your SHORT TERM steps to reach the goals ?_____

What are your LONG TERM steps to reach the goals? _____

Zorn, R. (2018). *Step up to better grades*. Chapin, SC.: Youth Light. Inc.



Mrs. Zitzke
Counselor, 6th & 8th M-Z

Mr. Wissinger
Counselor, 7th & 8th A-L

Mrs. Pierce
Counseling Intern

Start The Year Off Right

1. Organize your binder and locker.
2. Use your planner for assignments.
3. Have the supplies you need for each class everyday.
4. Ask for help early.
5. Check in on Skyward daily to keep your assignments up to date.

Page 1 Joke Answers:

1. A ruler. 2. Looking Sharp.

SELF-CARE FOR LONG TERM SUCCESS

Think about what you want to accomplish and the steps it might take to get there. Somethings are easy and somethings take practice. Along the way you might feel tired or find you are feeling stressed. Practicing self-care has long-term effects on your over all health.

If you want to be a success you need to feel good, take care of yourself, and find more ways to do the things you love. Practice self-care in small ways each day to improve stress, have a happier life, and increase your ability to have success at school.

Harvard University. (n.d.). Executive function activities for adolescents. Retrieved from Developing Child.Harvard.edu..

Change Your Mindset

Success begins in the mind. Decide right from the beginning that you can you will be great and you can be. You have the ability to shape your own outcomes for this school year. Your teachers are here to help and so are the school counselors. We believe in you and you can believe in yourself too.

Learn to have a GROWTH MINDSET instead of a fixed mindset.

GROWTH MINDSET Looks Like	FIXED MINDSET Looks Like
*Asking for help	*I can't
*Setting goals	*Giving up
*Keep going	*Avoiding
*Learn new things	*Never try
*Find your potential	*Not believing in self

Burnette, J. Pollack, J. Forsyth, R. Coy, A. (2020). A growth mindset Intervention: Enhancing students' entrepreneurial self-efficacy and career development. (Vol.44). Entrepreneurship Theory and Practice. DOI: 10.1177/1042258719864293 .