



Counselor Connections



Why Do School Work?
Journaling
8th Grade Class Meeting
Resources
April 2020





CLASS OF 2024 ZOOM MEETING

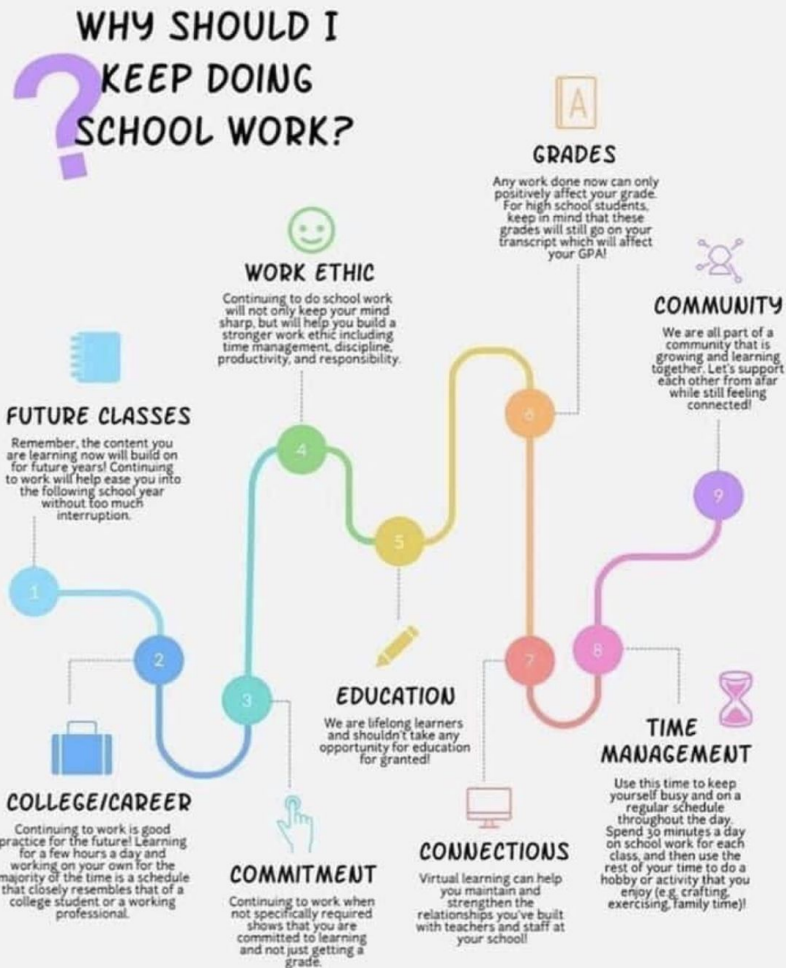
**8th Graders: Please Join us for a Zoom meeting this Thursday, May 14th
from 2pm-3pm.**

Join Zoom Meeting <https://nsd.zoom.us/j/94316877100?pwd=c0tFb2xlem45eHBpL0RyODJLVLC9IUT09>
or Meeting ID: 943 1687 7100 Password: 734905

Chat with the Counselors

Q&A Chat time. Chat with the counselors will return next week!

The Importance of School Work



"Right now you have a precious opportunity to pause and ask yourself questions far too few high school students (and too few people in general) ever do: what drives and motivates me? Why am I doing this?"

Benefits of Journaling



Benefits of Journaling

- ❖ Journaling can have huge benefits like you saw on the previous slide. Research shows that journaling can help all of us release some of our anger, sadness and other emotions.
- ❖ You can journal anywhere, anytime. Some people like to journal and then throw the paper away. Others like to keep an actual notebook, while others like an online version.
- ❖ One idea when you're feeling angry or frustrated is to sit down and write everything down that's upsetting you for 10-15 minutes. Don't edit yourself or reread what you wrote. After you've written it all down, tear it up into tiny pieces and throw it away. This is a great way to release and process feelings.

Resources

Teen Link: You're not alone. There is someone that's willing to listen to you without judgment. Teen Link is a program of Crisis Connection that serves youth in Washington State. Typically, teen volunteers take calls/texts/chats but adults are doing this instead right now. They are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential. Talk it out! You can call in to speak with an adult staff member 24 hours a day (866-833-6546). If you would prefer to chat or text in, feel free to do so *Tues-Sat from 2-10pm. Chat: <https://www.teenlink.org/>. Text: 866-833-6546).*

See your Counselor ONLINE. Something new we added to the Skview webpage, if you or your parent/guardian would like to make an appointment with me, click on the link [Make an appointment with your counselor](#).

Email your Counselor. Please feel free to reach out to us. We're here to help!

Have a fantastic week!

