SOPHOMORE YEAR



Student Challenge

For two weeks commit to getting at least 8 hours of sleep each night. Monitor how you feel & your productivity levels.

Classroom

Parents & Guardians!

I am thrilled to have you join my Google Classroom (GC)!

Why join Mrs. Antrim's school counseling classroom?

- To receive timely updates from the class stream
- To access several academic, college/career, and social/emotional resources & activity guides

How to join?

- Click the GC icon to the left and follow the prompts
 - You can visit the GC
 through a web browser or
 you can add the app &
 access the classroom
 through your gmail account

Tips for Q2

Show up every day

Show up every day

Show up every day

Engage in class

Engage in class

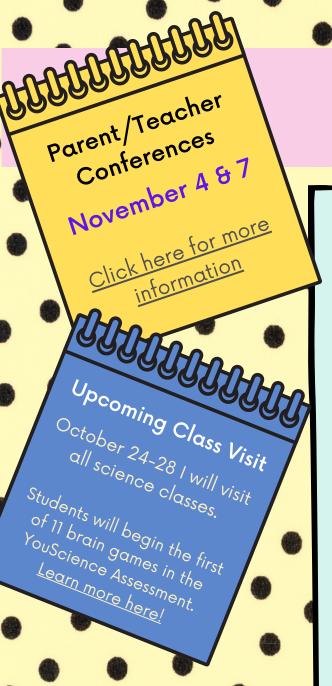
Engage homework

Complete homework

Turn in work on time

Ask questions

Ask questions



Career Planning Websites

<u>Link to a comprehensive</u> <u>career list</u>

O*Net Interest Profiler

<u>List of career surveys/</u> assessments

13 Best Career Tests, 2022

Health & Wellness Apps & Sites

Article: Mindful apps worthy of your attention

<u>Habitica- Productivity App on setting</u> goals

Apps for setting focus goals (students set the goal, set the time, and the tree grows or withers; good visual)

<u>Productivity app- can be for individual, small groups, etc.</u>

Remember the Milk- "to do" list to help students get organized & accomplish tasks

Pomodoro App - stay focused & study smarter

