

TMHS COUNSELORS' CORNER

| FEBRUARY 22, 2021 |



NEED TO TALK?

 **Visit your counselor!**

FOLLOW US ON
TWITTER

@COUNSELORSTMHS



Ms. Bowers 9th & 10th, A-K, Upstairs office
Mrs. Marley 9th & 10th, L-Z, Upstairs office
Mrs. Hinojosa 11th & 12th, A-K, Behind T-mart
Mrs. Garibay 11th & 12th, L-Z, across from Rm 116

GETTING ORGANIZED FOR THE NEW SEMESTER

Is one of your goals for the new year to be more organized? Having your school materials in order can help with time management and decrease anxiety. Keeping track of deadlines, assignments, test dates, etc. may seem overwhelming at times. However, organizational strategies can help decrease school-related stress.

Not sure where to start? Try this [Six Weeks Assignment organizer](#).

Also, visit KidsHealth.org [here](#) for tips on organizing schoolwork & assignments.

ORGANIZATION TIPS



Buy a Planner

Get a planner equipped with a monthly calendar, weekly calendar, and To-Do lists for each week. Keeping your tasks and assignments updated daily or weekly will help you in the long run.

Manage Your Time

Make sure you manage your time wisely. Set high-priority events, tasks, etc. first and work your way around them with less important activities.

Find Your Spot

Create a workspace for yourself whether it's at home, your local coffee shop, or public library. You'll find yourself performing more efficiently.

Color Coordinate

Organize your folders/binders for each subject using different colors. When taking notes, use different colors to mark or highlight important terms.

Regularly Clean Your Space

Whether it's your locker, your backpack, car, or room, routinely organizing and cleaning these areas makes it easier to concentrate & you'll avoid the frustration of losing assignments.

Create a Study Plan

Set realistic goals (short-term & long-term) for yourself. Ex. study 10 min every night & get an A in class. Keeping your goals in mind, utilize various study methods.

ACT/SAT

TMHS will be offering the ACT and SAT tests during the school day this spring for juniors and seniors. Come by or call the counseling office to sign up or for more information.

Wondering which one to take? Click [here](#) for a side-by-side comparison of each test or contact your school counselor.

CHECK YOUR GRADES

Need to activate your parent/student portal? Click [here](#) for instructions or call (361) 903-6785 for assistance.

CHECK IN WITH YOUR COUNSELOR

Feeling anxious about the new year? Have questions about your schedule? Need help getting organized?

Your school counselor is here for you.

Click [here](#) to check in with your school counselor.



Attention Seniors!

The deadline to submit the **Coastal Bend Community Foundation Scholarship** application is **March 1**. Depending on your major/interests, it is an opportunity to apply for many scholarships with only ONE application. Click [here](#) for more info.



The deadline to apply for the **Flint Hills Resources Outstanding Scholar Scholarship Program** is **April 1**. Contact the school counseling office for information regarding the application process and criteria.



February is Teen Dating Violence Awareness Month.

Reach out to a school counselor or another trusted adult if you or someone you know has been impacted by dating violence or abuse.

For information about healthy relationships, visit loveisrespect.org. You can also visit the [Region 2 Education Service Center's Community Connections page](#) for more information and resources.



UPCOMING EVENTS

MARCH 1-5

Intercession

Maintain good grades and attendance to end the 4th six weeks. 😊

MARCH 11

Virtual Parent Night

Counselors will host a parent meeting at **6:30 PM** on Zoom regarding course selection, grad plans, and more.

Counselors will be visiting English classes in March and April to distribute course catalogs and help you register for next year's classes. Now is the time to start thinking about your schedule for next year!

Natural disasters, such as the winter storm that recently impacted Texas, are traumatic events that can negatively impact mental health. According to the Texas Department of Health and Human Services, "Following a disaster, emergency or incident, it is common for those in and around the impacted region to experience distress and anxiety about safety, health and recovery. Previous exposure to large scale or catastrophic incidents, such as a major hurricane or flood, might place residents and responders who experience a new disaster at greater risk for adverse stress reactions."

If you or someone you know is experiencing increased stress or anxiety in the wake of the winter storm, please contact your school counselor or another trusted adult for help. You can also reference the Texas Health and Human Services Department's Mental Health Crisis Services page [here](#) for additional resources or visit www.211texas.org.