

Lane Tech College Prep

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Upcoming Events:

September 21st:
Staff Development
Day: **No School**

September 24th:
Local School
Council Meeting

September 29th:
Saturday Tutoring
Begins

October 1st:
EXPLORE/PLAN
Pre-gridding

October 12th:
Peer Mentoring
Applications Due

October 15th:
Late Start Day
Coffee with the
Counselors: Online
Identity
After-School
Tutoring Begins

*For questions
regarding your
schedule, see
your
counselor.*

Welcome Back!

This year divisions will be modified to accommodate more social/emotional topics relevant to you! For suggestions on topics you would like to discuss, contact lapatterson@cps.edu.

Coming soon to a Division near You!

Do you know how to communicate respectfully? Speaking and acting in a respectful manner will assist in reducing the possibility of your conversation with someone else turning into a conflict. During Division, students will learn how both verbal and nonverbal communication behaviors may start conflicts. Through personal reflection, group work and role plays, and class discussions students will understand the difference between communicating respect and disrespect through their words and actions.

Under Pressure?

All Division classrooms will be starting a series of discussions on peer pressure and the effects it can have you and on your relationships with others. How does peer pressure affect your values and how you socialize with your peers? We will give you tips and strategies on how to avoid such situations!

ATTENTION JUNIOR AND SENIORS!

Are you interested in being a peer mentor for our freshman and sophomore students? Stop by the counseling office (room 212) to fill out an application.

This will look GREAT on your college applications!

As school starts, so does the stress and anxiety. Here are a couple suggestions for outlets for stress:

- ✓ Go for a walk
- ✓ Call a friend
- ✓ Listen to music
- ✓ Play with a pet
- ✓ Watch a comedy
- ✓ Write in your journal
- ✓ Curl up with a good book
- ✓ Sweat out tension with a good workout

Keep those Grades Up!
On a sport? Need to ensure academic eligibility? See your counselor for additional information about after-school tutoring opportunities.

ATTENTION PARENTS!

Want an opportunity to talk to your child's counselor without waiting until Junior year? Come join us for "Coffee with the Counselors" where we will discuss some of the pressing topics in schools today. Next session's topic discusses online identity!

Grief and Loss Counseling Group

Good grief! No matter what Charlie Brown says, there really is no such thing as "good grief". Grief is usually confusing, unexpected, frustrating, and often painful. If you have experienced or are experiencing some form of loss (family, friend, significant other, community member, etc.), please consider joining this group. We will cover a range of topics to better help students cope with their loss with the support of other group members. The group will meet four times throughout the semester after-school. Please email your counselor if you are interested. Your name will, of course, remain anonymous.

Who is my Counselor?

Counselors are divided by Divisions. Please see your Division teacher or visit the Counseling Department's website for additional information!

Foods that Help...

Boast your immune system: Oranges, Almonds, Pistachios & Walnuts

Combat fatigue: Spinach

Balance adrenaline: Salmon

Lower your blood pressure: Avocados

Reduces muscle spasm & restlessness: Milk

For additional questions regarding any of the material mentioned, please contact your school counselor.

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