

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 11: OCTOBER 26-30

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so **am I**.
2. I may not be able to control this situation. But I **am in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is **here to teach me something**.
5. All I need to do is take it **one step at a time**. **Breathe**. And **do the next right thing**.



Virtual College Visits

This Week:

10/27: University of Illinois at Urbana-Champaign
10/28: Purchase College, SUNY
10/29: George Washington University
10/30: University of Massachusetts-Lowell



SELF care IS NOT SELFISH

Practicing **self-care** means that you intentionally incorporate an activity in your day to nurture and protect your emotional, mental and physical well-being.

Here are some ways that you can practice **self-care**:

- Take a screen break
- Get enough sleep and rest
- Eat something healthy
- Pick-up an old hobby
- Read a book of choice
- Garden
- Create something
- Exercise or play a sport
- Practice deep breathing techniques
- Get outside
- Spend time with an animal



COLLEGE PLANNING MEETINGS

The DVS Counseling Team is excited to host the Fall semester Family College Planning Meetings this week during Grade Level Time (GLT).

We look forward to seeing there!

9th Grade: Tuesday, October 27th from 9 to 10 am

<https://zoom.us/j/5691701115>pwd=QVhaZ2t6bUkxMVI6STVad0lVNGhsZz09

10th Grade: Wednesday, October 28th from 9 to 10 am

<https://tinyurl.com/Team10GradeLevelMeeting>

11th Grade: Thursday, October 29th from 9 to 10 am

<https://zoom.us/j/8225788881>

12th Grade: Counselors have already met with senior families individually

Counseling Office Hours on Monday & Thursday 2:45 to 3:15 pm

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Ms. Ruiz (G-M) password: Ruiz: cruiz@davincischools.org

Ms. Rodriguez (N-Z): frodriguez@davincischools.org

(Click Counselor name for Zoom link)