## 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 1.
- 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.
- 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, SUNY10/29: George Washington University10/30: University of Massachusetts-Lowel

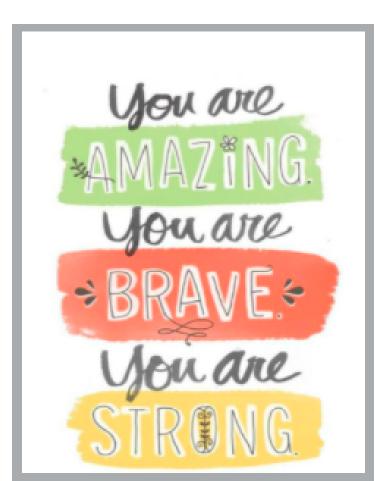




Practicing **self-care** means that you intentionally incorporate an activity in your day to nurture and protect your emotional, mental and physical well-being.

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 of 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/s/5691701115pwd=QVhaZ2t6bUkxMVI6STVad0IVNGhsZz09

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

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

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

Ms. Valle (A-F): cvalle@davincischools.org

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

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

(Click Counselor name for Zoom link)