



# COUNSELOR'S CORNER



October 2011

## CAREER COUNSELING

### CONTACT INFO:

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The average high school student does not have career direction. That is normal, and High School is an excellent time to begin learning about all the different careers. Good career planning helps you design your lifestyle future by defining personal values: relevant types of work, ranges of income, degrees of security and meaningful relevance to life.

### Career Counseling—a step by step look

1. Determine Personal Strengths—you can start by creating a list with your student.
2. Now that you know some Personal Strengths—research careers that might match those strengths (this is a great time to come see the COUNSELOR!!)

3. Pick top 5 careers that are interesting, and begin researching those careers ([www.bls.gov](http://www.bls.gov))

4. Determine College/ Technical Schools/ Universities that prepare your student for the careers (another great time to come see the COUNSELOR)

## STUDY TIPS.... HOW TO HELP WITH TEST ANXIETY

Tests can be stressful, even for the most prepared student. Test anxiety can actually have a negative impact on the outcomes of the test. With the ISAT tests quickly approaching it is important to develop skills to avoid and lessen any test anxiety. The following are some tips that will help with 'test anxiety'

**\*Get Enough Sleep!** On average students should try to get around 8 hours of sleep. Getting just 6 hours of sleep, or less can put you into a 'sleep deficit' mode.. So GET ENOUGH SLEEP!!

**\* Study Smarter!** Try different ways of studying—maybe turn off the TV, or maybe listening to calming music helps! Use notes, and try highlighting important information. Everyone has different study techniques—ask around, and see if something works for you.

**\*Visualize Success!** Wake up the day of the test, and say "I WILL DO GREAT". If you visualize, and think about passing the test, that will actually help you succeed!

**\*Eat Healthy!** Try eating a healthy breakfast on the day of a big test... or bring a snack! The ISAT Coordinator provides some Granola Bars, and Bottles of Water to keep students healthy and alert during the test.



# ANTI-BULLY POLICY: LET'S KEEP OUR SCHOOL SAFE

## So...What is a BULLY?

Bullying is an all-too-common human activity that has existed since the beginning of recorded history and is present in most cultures.

Bullying hurts. Those who are bullied hate it. They fear it, dread it and try to avoid it.

According to our School Handbook (on page 29) a Bully is someone that systematically and chronically inflicts physical hurt—or psychological distress on someone else. Bullying may involve the following:

- \*unwanted teasing
- \*threatening
- \*intimidating
- \*stalking
- \*public humiliation
- \*destruction of property
- \*sexual/religious/racial harassment
- \*cyber bullying
- \*physical violence
- \*theft
- \*cyber stalking
- \*social exclusion
- \*rumor spreading

## What to do if your student is being bullied????

Contact the school—Call us so we are aware of the situation. The School Handbook outlines the consequences for Bullying behavior. They are:

**1st offense:** 2 day In-School Suspension & weekly counseling

**2nd offense:** 3 days Out-Of-School Suspension & Counseling group

**3rd Offense:** Expulsion, Referral to CPS



## NOTES TO SENIORS—AND THEIR PARENTS/GUARDIANS....

### SENIOR 'To Do' List:

#### **September**

- Register for the ACT by Sept. 16th
- Meet with School Counselor to review graduation credits
- Begin thinking about some post-graduation goals

#### **October**

- Pick at least 2 –3 scholarships to begin applying for
- Meet with School Counselor to discuss at least 3 post-graduation goals
- Take the ACT Oct 22nd

Welcome back, seniors. This year will pass by very quickly. It is a time of excitement, anxiety, and making decisions. There is no doubt you will be busy, so you need to make sure you are making good use of your time in planning for your future beyond high school. There will be lots of dates and information that I will pass along to you. I am here to help you prepare for your plans after high school and I will do my best to help you and keep you informed. Please ask any questions you may have. I am here to make your senior year as successful as possible, but I cannot help you if I am unaware there is a question or concern that needs to be addressed.



### IMPORTANT DATES

- September 15th—Due Date for Native Scholars Application
- October - ACT
- October 25th — College Fair



# COUNSELOR'S CORNER

November 2011

## 1ST ANNUAL MINI-COLLEGE FAIR

We held our 1st Annual Mini-College Fair on October 25th. It was an awesome experience, and each student was able to participate. The following Colleges/Universities were in attendance:

**Idaho State University**

**Boise State University**

**College of Southern Idaho**

**Eastern Idaho Technical College**

**Utah Valley University**

**Utah State University**

**Tribal Colleges**—an informational table with applications printed for 9 Tribal colleges were available for students

There are several 'College-Bound' programs for high school students available through the TRiO program at Idaho State University. The students will have the opportunity the first 2 weeks of November to learn about these programs, and to apply. They are: UPWARD BOUND, and TALENT SEARCH. If you would like more information about these programs please contact me at the school:

**Angie Horn 238-4200, or email  
ahorn@sbd537.org.**



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## NOTES TO SENIORS—AND THEIR PARENTS/GUARDIANS

### SENIOR 'To Do' List:

#### **NOVEMBER**

- \*Begin College Applications
- \*Look at Scholarship options—and begin applying!
- \*Attend a College Fair (WHICH YOU ALL DID AT OUR MINI-COLLEGE FAIR AT SHO-BAN!)
- \*Take the COMPASS
- \*Attend a College Fair



### Workshops for Parents/Guardians

**\*Workshops are held from 6-7 at the School \***

**November 15th**—Scholarship Planning/College Applications

**December 13th**—College Applications, step-by-step

**January 17th**—How to pay for College - FAFSA

**February 21st**—FAFSA Workshop

**March 13th**—College Applications, FAFSA, step-by-step

**April 17th**—College Applications/Summer Internship opportunities

**May 15th**—College Applications/Summer Internship opportunities

# ANGER MANAGEMENT FOR TEENS

## **I get mad...You get mad...Everyone gets mad at one time or another...**

Anger is a very normal human emotion, and it can be used as a way to release mental and emotional pressure. Getting mad is normal, but letting that anger get the best of you is not normal.

## **How do you know if your anger is getting out of control.....**

- \*You find your self getting angry at everything.
- \*It leads you to act out aggressively
- \*It can take up your thoughts a long time after the event has passed.
- \*You find your self doing self-destructive things to cope with that anger

## **Steps to manage anger.....**

**Step 1. Recognize your anger.** Check your body signs. When you're tense, your body shows it in more than 600 different ways that prepare you to fight, threaten, or run away. Some of the easier to recognize signs may include: rapid, shallow breathing; face feeling hot; jaw tensing; fists clenching; feeling energy through the body; upset stomach; shoulders hunched.

**Step 2. Break from the action.** If you're feeling even mild to moderate body tension, give yourself a stop command ("Stop! Cool it! Chill!").

**Step 3. Relax/de-escalate.** There are several ways you can do this. The easiest is relaxation breathing. Breathe slowly in through your nose and exhale very slowly through your mouth.

**Step 4. Check your level of self-control.** Ask yourself, "Am I the boss of my body?" Check your body signs for reduced tension. If you aren't regaining self-control, continue with step 3 or get away from the stressful situation.

'Anger is a natural and functional response to perceived threats. When we learn to effectively manage our anger, we can direct that energy into positive solutions to our problems that respect others and ourselves.'<sup>1</sup> National Association of School Psychologists



# COUNSELOR'S CORNER



DECEMBER 2011

## HONOR ROLL

### CONTACT INFO:

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1007



A BIG **CONGRATULATIONS** to the following students who achieved academic excellence the 1st Trimester at Shoshone-Bannock JR/SR High School.

### HIGH SCHOOL HONOR ROLL

- Tatiana Arellano
- Marcia Chapo
- Keely Fightingbear
- Theresa Galloway
- Jawana Graves
- Morelia Madrigal
- Chole Madrigal
- Tye Teton
- Shonda Dominguez

### HIGH SCHOOL 'HIGH HONORS'

- Leonard Edmo
- Angel Teton



### JUNIOR HIGH HONOR ROLL

- Nakeezaka Abrahamson
- Tyrese Adakai
- Lindsey Bache
- Esai Kaiyou
- Desiray Marsh
- Rylee Ortiz \*not shown in picture
- John Osborne
- Khalila Roybal

### JUNIOR HIGH 'HIGH HONORS'

- NiDea Martin
- Sincere Martin-Teton
- Kiahla Yazzie



\*\*To be considered an Honor Roll student you must have a GPA between a 3.0-3.74. To be considered a HIGH Honor Roll students must have a 3.75 or higher GPA. Student's missing 5 or more days (excused and unexcused) in a grading trimester will not be considered for the Honor Roll.



# NOTES TO SENIORS—AND THEIR PARENTS/ GUARDIANS



## SENIOR 'To Do' List:

### **DECEMBER**

- \*Complete College Applications
- \*Complete Scholarship Options
- \*Take ACT (or sign up for the next one in February)

## Workshops for Parents/Guardians

\*Workshops are held from 6-7 at the School \*

**December 20th**—College Applications, step-by-step

**January 17th**—How to pay for College - FAFSA

**February 21st**—FAFSA Workshop

**March 13th**—College Applications, FAFSA, step-by-step

**April 17th**—College Applications/Summer Internship opportunities

**May 15th**—College Applications/Summer Internship opportunities

## Cyber-Bullying

### WHAT IS CYBERBULLYING???

Cyber-bullies are those bullies who use the Internet to knock others down.

Email provides one method of communication for these bullies. Bullies also use the internet through chat rooms, and online social networks (like facebook). Finally, some cyber-bullies build websites devoted to making a person feel bad.

Cyber-bullying is often repetitive and can be a vicious behavior. It can be more harmful than traditional bullying (i.e. physical fighting) because the victim can't escape it. It can occur 24 hours a day, 7 days a week. Many times, students are reluctant to tell adults for fear of overreaction, restriction from online activities and possible retaliation by the cyberbully.

### WHAT TO DO IF YOU ARE BEING CYBER-BULLIED:

1. **TELL SOMEONE**—no one should put up with bullying! Don't keep it to yourself. Tell a trusted adult about the bullying.
2. **TELL YOUR SCHOOL IF IT IS SCHOOL RELATED**—we have a strict anti-bully policy, and can only enforce it if we are informed.
3. **DON'T ERASE THE MESSAGES**—they may be needed to take action.
4. **STAY PROTECTED**—never agree to meet with a bully, or with anyone you meet online.
5. **BLOCK**—if bullied through chat or IM the bully can often be blocked.

### **Tips for PARENTS/ GUARDIANS**

- Stay involved
- Keep the computer in a public place in the house.
- Discuss the internet activities your child enjoys.
- Find out who your child's online friends are.
- Be sure you know which online communities your child participates in (and their passwords too!)
- Remind your child not to give out personal information.
- Watch your child for secretive behavior (Ex: Does your child switch screens as you approach the computer?).