

# COUNSELING NEWSLETTER



Issue 2: October 1, 2024

## CALMING CORNER

Let's talk about Anxiety.

Anxiety is the feeling of worry, dread, and apprehension. Physical reactions of anxiety include feeling like you have "butterflies" in your stomach, shakiness, stomach aches, muscle tension, or sweating. Sometimes, it may feel like you can't breathe. Anxiety can happen anytime you have fear or worries about changes, or specific life events. Sometimes it can just happen! When feeling anxious and overwhelmed, try this grounding technique to help you control your breath, decrease worry, and release tension. Always remember to seek support from friends, family members or a trusted adult if you feel your anxiety is affecting your everyday life.

Close your eyes, and take three really good deep breaths. When you are ready, open your eyes:

1. Name 5 things you can SEE
2. Name 4 things you can FEEL
3. Name 3 things you can HEAR
4. Name 2 Things you can SMELL
5. Name 1 things you can TASTE

## COLLEGE & CAREER

### Attention Seniors!

Class of 2025 Google Classroom

Please join the Jr/Sr High Counseling Corner Google Classroom. In the classroom you will find all the information we discuss about regarding college and career readiness.

Invites sent to all students via student's school email. If you need this resent, please contact Mrs. Carnicelli.

## SCCS NEWS

10/14– No School

Columbus Day Observed

10/11– End of MP1

10/16– PSAT 7:45am

10/24– College & Career Night @ Auburn High School (**FAFSA Info.**)



## IMPORTANT DATES

### College Rep Visits:

October 4th– Golisano Institute (rep visit held in Ms. Hoatland's Room) 9:30am

October 7th–TC3 (rep visit held in Ms. Hoatland's Room) 10:15am

October 7th– SUNY Geneseo (rep visit held in the Guidance Office) 1:00pm

October 21st– Russell Sage (rep visit held in Ms. Hoatland's Room) 11:00am

October 21st–SUNY Delhi (rep visit held in Mr. Baumes Room) 1:45pm

**More dates & time on 2nd page.**

# SCCS



Seniors: College application deadlines are upon us. Aside from individual meetings and Advisory seminars, please feel free to drop by my office if you need help with the application process.

Juniors: College and military representatives will begin making visits to our school, please listen for announcements or check Naviance for dates and times.

Sophomores: Please be on the lookout for club sign ups. Now is a great time to get involved in your school community!

9th Grade: Please feel free to stop by my office with scheduling concerns. I am here to help with your transition to high school!



It's hard to believe that we are already approaching the end of the 1st Marking Period. A big shout out to our Jr High students for a great start to the year! This past September, students started joining clubs and activities, and have been competing in athletics. In October, students are looking forward to the first Java Junction of the new school year and coming to school in their Halloween costumes. If you have any questions about the Jr High, I am always happy to communicate with you!



Hello there! September came and went by so fast! As we head into the "darker" months of Fall, it can be difficult staying positive with less daylight! One thing that helps me as we lose sunshine is practicing daily affirmations: sayings that help me feel positive about each day. One affirmation I recite to myself daily is from the DBT model of therapy:

"Today will be better. I will make it better. I will do my best today. Just breathe."

This is called radical acceptance: a daily coping strategy that helps me build tolerance and acceptance for things I can't control or situations I did not create. What are some of your daily affirmations? I'd love to hear



We are off to a great start!, it is wonderful to see everyone back! If you need any assistance, please stop in to the Guidance Office, I am here to help!

## College Rep Visits Continued-

October 22nd—SUNY Polytech (rep visit held in Guidance Office) 1:00pm

October 24th—Ithaca College (rep visit held in Ms. Hoatland's Room) 9:35am