We know these times are unnerving and filled with many emotions. Please know that it is normal and expected to feel a wide range of emotions and that there are no right or wrong ones to have. However, if you feel like you are angrier, sadder, more anxious, etc. than usual and you want to talk, your Counseling Department is here for you! We have virtual office hours, are still available by email, are often on the community check-ins.

We will get through this, together!

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TAKE A PEEK!

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HOW TO COPE WITH COVID-19

WAYS TO EFFECTIVELY MANAGE YOUR TIME WITH VIRTUAL LEARNING

CALENDAR UPDATES

QUARTER 3 • APRIL 2020

HANG IN THERE

BARD BALTIMORE’S SCHOOL COUNSELING DEPARTMENT NEWSLETTER

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WAYS TO DE-STRESS AND STAY OCCUPIED

- Read a new book or re-read a fav series
- Journal and reflect on your thoughts and emotions
- Find a new hobby or jump into an old one
- Watch that TV series you have been putting off for a bit
- Paint a picture or paint a room!
- Help someone else-- with a project, with homework, or just by being there
- Exercise, even if just in your home, and get some fresh air if possible
- Take a step back from the news and/or social media
- Stay connected with others, but be mindful of yourself, especially if social media is your platform
- Develop a routine and stick to it
- Have a space or time to rest & recharge in whatever way works best for you
- Bake, cook, be creative!
- Download mental health apps like Calm, Breathe, Youper, etc.
- Remind yourself there is an end to this!

Follow our Google Classroom (class code is 3hb6cd6) for more tips and positive vibes!

TIME MANAGEMENT WITH VIRTUAL LEARNING

It can feel frustrating and even difficult to manage your time now that we are in this new learning environment. Ways to help yourself still maintain focus and organization include

- Use a planner or calendar to schedule your day and week
- Create a daily to do list and make it manageable- one to three goals
- Factor in work or family time to your schedule to make sure you don’t overload
- Prioritize your obligations and tasks
- Limit social media and app use
- Put timers on your work if it helps motivate you to finish on time
- Add no distraction apps, such as Forest, Freedom, Noisli, Balanced, and more!
- Designate times of days for different areas
- Push yourself to do the best you can, but also be gentle on yourself if you are not as productive as usual.
- Reach out to your teachers and counselor!

Class of 2020 College Acceptances
Morgan State, Lincoln, Howard, UMBC, Goucher, Bowie, McDaniel, Penn State, UMD, Stevenson, Amherst, Frostburg, Hawaii Pacific, Seton Hill, Colorado State, Pace, Cabrini, Marywood, Ferrum College, Hollins, U of TN- Knoxville, U of Tampa, Robert Morris, Virginia Union, HCCC, Bard College, Washington College, Radford, & more! Over 175K in scholarships & counting!

CALENDAR UPDATES

In-School SAT- CANCELLED
You will be updated with future dates.

Prom and Graduation are currently proceeding as scheduled, but check your email and the Counseling Department’s Google Classroom for updates.

Virtual College Signing Day- June 1