

WELCOME BACK, BARD!

Counseling Quarterly



MS. MELCHIOR

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9th grade

FMOIG: @mzmelchior

Virtual Office: Coming Soon on
Google Classroom



MRS. BUBB

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10th to Year 2, last names A-L

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MRS. HOYT

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FMOIG: @counselorhoyt
Virtual Office

LET'S GET THIS PARTY STARTED!

September

4

Google Classroom
Tutorial

1 pm and 5 pm

meet.google.com/yxi-nenv-jkc

8

Back to Bard
Night
5:30 pm

24

Class of 2021
Inauguration
Celebration
7 pm

1

Class of 2022
Matriculation
Ceremony
7 pm

October

BLACK LIVES MATTER

As members of The American School Counselor Association, we condemn violence and the systemic and institutional racism that marginalizes African Americans. With ASCA, we call on all Americans to end the cycle of racism, and on leaders to enact and enforce laws protecting members of the Black community and give them the same opportunities to lead successful and productive lives that other Americans enjoy.





CHOOSING THE RIGHT COPING STRATEGY

Depending on the cause of your stress or discomfort, the strategies you use to cope may look a little different. You can think to yourself, "Do I need to change my situation or do I need to figure out how to cope with my situation?" - that difference indicates whether you need "Problem-based" or "Emotion-based" coping strategies. Problem-based strategies help you get out of a negative situation that is causing you discomfort or stress (such as using time-management techniques when you've fallen behind with schoolwork). Emotion-based strategies help you manage or deal with a situation that is outside of your control (such as journaling to manage your feelings about a personal loss or living in a pandemic). Using the right coping strategy for the situation is most likely to help ease some of the stress or discomfort you may be experiencing."

WAYS TO SUCCEED ACADEMICALLY

Virtual learning environment can be difficult and frustrating at times. 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 know **it's okay not to be okay.**
- **Reach out to your teachers and counselor!**

Ways to de-stress

- **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, Bloom, etc.
- **Be present, rest, and recharge!**

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

Your life matters!

Please connect with a trusted adult or call 1-800-273-8255 (TALK) if you are experiencing suicidal or self-harm thoughts!

Suicide Awareness Week Sep. 6-12