Student Challenge

For two weeks commit to getting at least 8 hours of sleep each night. Monitor how you feel & your productivity levels.

Google Classroom

Parents & Guardians!

I am thrilled to have you join my Google Classroom (GC)!

Why join Mrs. Antrim's school counseling classroom?

- To receive timely updates from the class stream
- To access several academic, college/career, and social/emotional resources & activity guides

How to join?

- Click the GC icon to the left and follow the prompts
  - You can visit the GC through a web browser or you can add the app & access the classroom through your gmail account

Tips for Q2

Show up every day
Engage in class
Complete homework
Turn in work on time
Ask questions

Parent/Teacher Conferences

November 4 & 7

Click here for more information

Upcoming Class Visit

October 24-28 I will visit all science classes.

Students will begin the first of 11 brain games in the YouScience Assessment. Learn more here!

Career Planning Websites

Link to a comprehensive career list

O*Net Interest Profiler

List of career surveys/ assessments

13 Best Career Tests, 2022

Health & Wellness Apps & Sites

Article: Mindful apps worthy of your attention

Habitica- Productivity App on setting goals

Apps for setting focus goals (students set the goal, set the time, and the tree grows or withers; good visual)

Productivity app- can be for individual, small groups, etc.

Remember the Milk- "to do" list to help students get organized & accomplish tasks

Pomodoro App - stay focused & study smarter