

Final Junior Year Update

It's been a great year getting to know you all even better and working with each of you as you begin to make plans for life after high school. I am really looking forward to senior year and all of the excitement that will come with putting your plans into action.

As you navigate the next few days (awaiting those final grades) and prepare for senior year, here are a few quotes to think on:

💡 "Stress is caused by being HERE and wanting to be THERE." -Eckhart Tolle

💡 "Our anxiety does not come from thinking about the future, but from wanting to control it."

💡 "If you are depressed you are living in the past, if you are anxious you are living in the future, if you are at peace you are living in the present" -Lao Tzu

Take some time to enjoy yourself this summer. Take breaks from social media and technology. Enjoy the people and places around you. Next year will be busy and you will be expected to make impactful decisions that will affect the rest of your life--come back refreshed and prepared to make the best choices for you!

- **EMAIL:** I cannot stress enough the importance of checking your email. Please consider putting the App on your phone and checking it first thing every morning. If you don't get into this habit now you will miss out on valuable opportunities next year. Also consider creating a *professional* email account that you can use for college applications etc. and brush up on [professional email etiquette](#).
- **Remind:** Join the Class of 2020 Remind Text Group to stay up to date. Text @2020te to the number 81010 or Click this link: <https://www.remind.com/join/2020te> Due to a few changes with the Remind company I will be changing our Remind group for senior year. I will share additional information about the new group in the fall.
- **JALC Dual Credit Courses:** If you signed up for a Summer Course, please check your email for your bill and further information on how to access your course. You will also need to read and review the attached JALC Getting Started Guide.
 - **Questions? Problems? Call or email the Dual Credit office: 618-985-2828**
 - ★ Rachel Sveda-Webb, Director of Dual Credit, Ext. 8574, Rachel.SvedaWebb@jalc.edu
 - ★ Jenny Ditch, Administrative Assistant, Ext. 8312, Jenny.Ditch@jalc.edu
- **SAT Results:** You can access your scores by logging into your College Board. Learn how to understand and interpret your scores here: <https://bit.ly/2aFvllF> (*There's even a video!*)
- **Additional Important Info:** Click [here](#) for a lengthy outline of important information shared earlier this month.
- **EQ Results:** Please check your email in June for a report with your personal Emotional Intelligence information! I am so excited to share the results with you all! This year we set out to assess your EQ (emotional intelligence) and focus on strengthening it over the year. Remember, your Emotional Intelligence (EQ) is your ability to be aware of, understand and manage your emotions. While intelligence (IQ) is important, success in life depends more on EQ. A high level of emotional intelligence helps you use feelings to identify and solve challenges, communicate and make decisions. I am elated to share that the class of 2020 grew in every single Emotional Intelligence domain. I am so proud of each of you and your continued focus on becoming better functioning humans.
- **Summer Hours:** I will be in my office this summer on the following days, please stop by if you need anything: June 10, June 12, July 8 and July 10.
- **Letter of Recommendation Tips:** Take a look at the "Class of 2020" links at the end of this email, review the questions and begin to prep for next year by completing the forms below over the summer.

Wishing you all an enjoyable summer,

Mrs. Sabens, School Counselor