



SLHS



February
2021

Counseling Newsletter

Southern Lehigh High School

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Organization/Study Skills

Implementing strong organization and study skills is essential for being successful in school and becoming an independent learner. Learning how to manage time, take effective notes, and study efficiently will greatly benefit your academics in high school and beyond.

When developing organizational skills, it's important to have an area designated solely for studying and homework. Creating a daily schedule for when you will do school work along with leisure time will help you stay on track. Start bringing an agenda to every class to write down assignments and their due dates. Color coordinating classes can also help to keep classes organized and separate.

Reviewing notes before and after class is a great way to study and will highly benefit your understanding. During class, pay close attention to what your teacher may emphasize through repetition, tone of voice, and/or writing notes on the board. When taking notes, try to put them in your own words and use graphic organizers to help. Summarizing main ideas, comparing notes with classmates, and coming up with possible test questions are all great ways to prepare for exams.

Incorporating these tips will not only be helpful for high school but can be carried throughout your academic career! Want more information on organization/study skills? Check out [Intervention Central](#), [Study Skills for High School Students](#), and [College Express](#).

What's Happening

It's officially 2021 - we hope that you had a wonderful and relaxing winter break, and were able to take time to rest and recharge. As we near the end of the first semester and you're wrapping up final projects and coursework, it may feel like break was a long time ago. If you're finding it difficult to adjust back, try leaning into the New Year tradition of goal setting to help get yourself back on track.

Goal setting is an effective strategy for increasing motivation, improving focus, and monitoring your progress towards building new skills. Achieving personal goals helps to increase confidence, resiliency, and [self-efficacy](#). If you've ever fallen short of reaching your New Year's resolution - you're not alone. Working towards something you really want is often very challenging, and when encountering a setback you may feel frustrated or discouraged and want to call it quits. Don't give up on your goal.

Instead, approach goal setting using the "smarter not harder" method of the [SMART goal](#). SMART goals are specific, measurable, attainable, realistic, and time sensitive. By using the SMART goal strategy you will put yourself on a pathway for sticking with and accomplishing your goal. Your goal can be anything, but most importantly it should be personally meaningful and make a positive difference in your life.

If you're stuck on where to start, here are the most frequent areas cited by High School students when setting personal goals: Postsecondary, Academic Performance, Health and Wellness, Friendships/Relationships, Athletics/Extracurriculars, Leadership, Service and Volunteerism.

For more information on goal setting or help with seeing it through, [schedule an appointment](#) with your School Counselor. For a specific goal recommendation, consider improving your remote learning environment - check out this [video](#) to learn how.

Our goal is to continue supporting our students and families of Southern Lehigh as we navigate the challenges of this school year together.

-The SLHS School Counseling Department

Course Selection

Information for 2021-22

It is hard to believe that course selection for next school year is upon us! Students will view grade-level course selection presentations during Advisory on February 9th. The presentations will also be posted on the website so that both students and parents have access to them.

Feb. 10 – 18: Teachers will discuss course options during class.

Feb. 19 & 26: Counselors will be available to answer student questions from 11am to 12pm (Zoom Links will be sent out to students via email).

In addition, individual appointments with your counselor can be requested via the [google form](#).

Feb. 20-28: Students will input course requests into Sapphire via the **Course Request** form.

It is extremely important that students work closely with their teachers to determine the best course options for the 2021-22 school year.



Contact Us

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[Guidance Website](#)
[Newsletter Archives](#)



Upcoming Dates

- ⇒ **2/9:** 2021-22 Course Selection Information (revised date)
- ⇒ **2/12:** Registration Deadline for [March 13th SAT](#) at SLHS
- ⇒ **2/20-2/28:** Student input Course Requests in Sapphire
- ⇒ **2/25:** College Information Night
- ⇒ **3/4:** [ASVAB](#) for all Juniors
- ⇒ **3/7:** [BigFuture Days](#) (College Board online college fair)
- ⇒ **3/13:** [SAT](#) at Southern Lehigh High School