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# COUNSELING



**How is my counselor assigned?**

At Skyline, we acknowledge that the the transition to high school can be overwhelming. To help, we have aligned the counseling team to have two counselors solely devoted to 9th grade. At the conclusion of 9th grade, you will have the same counselor, assigned alphabetically, for the remainder of your time at SHS.

**What does my counselor do?**

**Communication Advocates**-Counselors are in a unique position to help you establish positive communication with your teachers, coaches and administrators. Just ask!

**Academic Coaching** -Struggling in an advanced course or not challenging yourself enough? Counselors will help you make informed decisions about your academic future, as well as developing your time management and organization skills.

**Social and Emotional Wellness**-From test anxiety to struggling with clinical depression or grieving a loved one, counselors can help you establish positive coping skills.

**Post Secondary Planning**-Need help determining what to do next? Counselors will help match your skill set to the perfect college or career after high school.

**Coping Skills Groups**- Cognitive Behavior Therapy & Peer to Peer Support for Depression and Anxiety, Grief Group, Survivors of Suicide Group, Girls Group, Open Space for Substance Abuse and Education, and Boys Group.

### Ten Strategies for Stress and Anxiety Reduction

- 1.) **Keep an open line of communication** – Stress and anxiety can increase very quickly. The increase can cause more severe symptoms or problems. Keep an open line of communication with a trusted adult so that when the symptoms increase you already have a relationship with a helper.
- 2.) **Learn coping skills and healthy ways to lower stress** – Coping skills need to be learned, practiced and applied. In doing so, the severity, duration and impact can be minimized.
- 3.) **Relaxation techniques** – Evidence exists that breathing and movement can reduce the symptoms of stress and anxiety. These are best learned and practiced when stress and anxiety is low.
- 4.) **Eating healthy** – Many doctors and studies have discovered clear links between diet and mental health. In the case of stress and anxiety, there are definitely foods too avoid – high sugar items, caffeine, etc. While many “super foods” have been shown to have stress and anxiety reducing properties.
- 5.) **Encouraging more sleep** – Sleep is your body’s way to re-set and re-charge. Most teens require at least 8-9 hours of uninterrupted sleep per night. Studies have shown that a lack of sleep can increase the negative impact of stress and anxiety.
- 6.) **Focus on fewer activities** – It is important to avoid “over programming”. Determine which items are essential, which items are important, and which items can be done in an off-season or later.
- 7.) **Exercise** – Teens who have too much “screen time” and/or are sitting too much have an increased chance to develop stress and anxiety. Movement and physical activity have a positive impact on stress levels.
- 8.) **Music** – Listening to music has been shown to reduce stress and help with relaxation. Of course, it is important to find music with the right amount of beats per minute, lyrics, etc.
- 9.) **Laughter** – As funny as this may sound, laughter is one of the natural ways the body uses to reduce stress. It also stimulates many organs and parts of the body. Others have shown a positive health benefit to just smiling often.
- 10.) **Talk to someone** – A positive option is finding someone to talk to about your stress and anxiety. This can be a teacher, counselor or mental health professional. Based on the severity, the mental health professional is likely to be a good choice. They can help you to process what is going on, teach specific relaxation strategies, and help you to plan for the present and future. Remember, the mental health professionals only goal is to help you to be better tomorrow than you are today.

### TUTORING OPTIONS AT A GLANCE

Program	Days	Hours	Address	More Info
Academic Resource Center (ARC)	M, T, W, TH	2:40-5pm	SHS icommons	<a href="http://www.a2skyline.org">www.a2skyline.org</a>
Skyline Writing Center	M-F	1st-5th hour	B429	<a href="http://tinyurl.com/skylinewc">tinyurl.com/skylinewc</a>
Skyline Math Mentoring Program	M-F	Both Lunches	SHS Room A310	<a href="mailto:hochrein@aaps.k12.mi.us">hochrein@aaps.k12.mi.us</a>

### KNOW WHAT YOU NEED TO GRADUATE

MMC Graduation Requirements (22 total credits):

- VPAA: 1 credit**
- English: 4 credits**
- Health: .5 credits**
- Personal Fitness: .5 credits**
- Math: 4 credits (Algebra I & II, Geometry, & Senior Math)**
- Science: 3 credits (1.0 Biology, .5 Chemistry, .5 Physics, & 1.0 Earth)**
- Social Studies: 3 credits (1.0 WHAG, 1.0 US, .5 Gov, .5 Econ)**
- World Language: 2 credits of the same language**
- Electives: 4 credits**