



HIGH SCHOOL COUNSELING corner



September 2021

THIS MONTH

9.6 | LABOR DAY, NO SCHOOL

9.7 - 9.30 | SENIOR MEETINGS

9.11 | PATRIOT DAY / NATIONAL DAY OF REMEMBRANCE

9.15 - 10.15 | NATIONAL HISPANIC HERITAGE MONTH

Links to Love

[eCampus Website](#)

[eCampus Counseling Page](#)

[Major Clarity Academic Planning](#)

[Mental Health Resources](#)

[Schedule your Term 1 Exams](#)

YOU MATTER
in this space
JUST AS YOU ARE

a note from your counselor

THANK YOU ALL SO MUCH FOR HELPING US GET THIS SCHOOL YEAR OFF THE GROUND! I AM EXCITED TO BE THE COUNSELOR FOR ECAMPUS AND I AM READY TO HELP SUPPORT YOUR STUDENTS AND PROMOTE THEIR ACADEMIC SUCCESS AS WELL AS OVERALL WELLNESS. ♡

CONTACT INFO

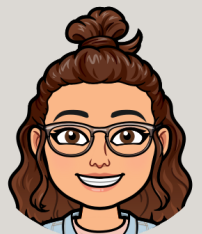
Mrs. Allison Salari

Lead Counselor

623-412-5340

ASalari@pusd11.net

[Book a Teams Meeting](#)



TIME tracking



StudentVUE



ParentVUE

Per state requirements, Students must track their time in StudentVue and reach 400 weekly minutes per eCampus course. Parents then log into ParentVue weekly to verify their students' time tracked. [Click here](#) for a video tutorial and reach out to our office for questions.

623-412-5345



SENIORS

It is time to start planning for
GRADUATION!

Schedule your fall Senior Meeting with Mrs. Salari through [this link](#).

[Log in to Major Clarity](#) before your meeting to get started with your academic plan!



care for your ♥ while schooling online

Give grace

Learning online is still new for many students and it takes time to adjust our expectations and perceptions. If you or your student feels overwhelmed by the change, it is ok to ask for help. Remember to tackle challenges one at a time!

Human connection matters

Whether your student is a Kindergartener or a Senior preparing for graduation, they have teachers who are dedicated to their success and their overall wellbeing. Make the time to connect with them to promote that academic support as well as human connection.

Proactively manage stress

Create a schedule, prepare materials the night before, make a lunch! Create normalcy and routine to help minimize stress on both students and families.

Set boundaries

The line between school and home can be blurry when schooling virtually from home.

There are strategies that can help clear this line. First, make sure the student has a school workspace separate from play and sleep areas. This creates a physical boundary that translates to a mental boundary, teaching cognitive compartmentalization - a very valuable skill! Also, adhering to a regular schedule, whether an elementary or high school student, is critical to protecting the boundary between school and home-life.