

# MAY

## Counselor's Corner

### Presbyterian Christian School - Secondary Campus

As the final bell of the school year approaches, it is natural for students to feel end-of-year fatigue. To help your child stay committed during this home stretch, focus on maintaining consistent routines while acknowledging their hard work. Encourage them to "finish strong" by breaking down final projects into manageable daily tasks and keeping a visible countdown to summer to provide a sense of perspective. Validating their exhaustion while reinforcing the importance of meeting final obligations helps build the resilience they'll need for the challenges of next year. By staying engaged with their progress now, you are teaching them that true commitment means showing up even when the finish line is in sight.

#### Tips for a Strong Finish

- **Prioritize Tasks:** Use checklists to tackle one assignment at a time to avoid feeling overwhelmed.
- **Reflect & Celebrate:** Identify your "glows and grows"—what you did well and what you want to improve.
- **Stay Organized:** Keep planners updated for final exams and project deadlines.
- **Use Campus Resources:** Visit teachers for extra help and visit the counselor's office for support in managing end of the year exams and assignments.
- **Stick to Routines:** Maintain consistent sleep and study schedules.
- **Schedule Breaks:** Schedule breaks to recharge. A healthy balance of leisure activities is crucial for maintaining focus.
- **Encourage Activity:** Physical activity helps manage stress and keeps the brain focused.

#### Focus of the Month:

#### Building Resilience

Resilience is the ability to bounce back from challenges and setbacks. Building resilience is important for your student as it helps them: navigate life's ups and downs, fosters emotional well-being, increases long term success, and promotes individual growth. .

#### The "7 Cs" Framework for Resilience

- **Competence:** The ability to handle situations effectively.
- **Confidence:** Belief in one's own abilities.
- **Connection:** Solid bonds with family and community.
- **Character:** A strong sense of self and values.
- **Contribution:** The realization that the world is a better place because you are in it.
- **Coping:** Effective stress management skills.
- **Control:** Realizing that one can control the outcomes of their decisions.

#### Contact Information

If you have any questions or would like to discuss how to support your child's progress, please feel free to contact me at [jbrock@pcsk12.org](mailto:jbrock@pcsk12.org) or call 601-475-6005. I'm here to help!  
- Jenny Brock, Social/Emotional Counselor

# STRESS BUSTER



**The One-Thing Rule** - When everything feels ONE task to complete. Finishing something is better than starting everything.

**Finals & AP Tests:** Do your best, then let it go. You've prepared all year.



# LAST STRETCH, BEST STRETCH



## May

**Goal this month:** Finish strong and set yourself up for a good summer!

### Mental Health Check-In

- **End-of-Year Feels:** Motivation dips are normal. You're almost there!
- **Summer Transition:** What do you want to feel like in June?

## HOW WILL YOU CELEBRATE THIS YEAR?

**A) I don't feel like I accomplished much** → List 3 things you learned about yourself this year

**B) I can't wait for summer** → What from this year do you want to carry forward?

**C) I'm proud of my growth** → How will you acknowledge your progress?



## DIGITAL WELLNESS

### Summer Social Media Prep:

Unfollow accounts that make you compare your summer to others'. Your summer doesn't need to be Instagram-perfect to be amazing.

**Phone-Free Meals** - Eat at least one meal per day without screens. Focus on tasting your food and give your brain a break from constant stimulation.

## TAKE CARE

### Compliment Yourself Out Loud -

Say one nice thing to yourself in the mirror daily. It feels weird at first, but rewires your brain for self-compassion.