

COUNSELING CORNER

PREPARATORY CHARTER HS

TOOL BOX TOPIC: SELF-REGULATING

SELF-REGULATING: A SYSTEM OF CONSCIOUS, PERSONAL MANAGEMENT THAT INVOLVES THE PROCESS OF GUIDING ONE'S OWN THOUGHTS, BEHAVIORS, AND FEELINGS TO REACH GOALS.

WAYS TO SELF REGULATE:

- PRACTICE SELF-AWARENESS
- MEDITATE/EXERCISE
- ALIGN YOUR GOALS WITH YOUR VALUES
- ENGAGE IN POSITIVE SELF-TALK
- SEEK FEEDBACK/KEEP ACCOUNTABLE

BENEFITS OF SELF-REGULATING

- Sit, listen, and learn at school
- Control impulses and act in socially acceptable ways
- Take turns in games and conversations, express emotions in a proper way, and share toys, thus making friends
- Make proper decisions regarding behavior, learn how to behave in new scenarios, and become more independent

UPCOMING EVENTS

Prep CHS Prom
Join your friends on May 25th and have some fun!

Senior Trip
Sunday, June 4th-
Wednesday, June 7th in
Williamsburg, VA!

WORD OF THE MONTH

Grounding

A therapeutic technique that involves doing activities that “ground” or electrically reconnect you to the earth. This practice relies on earthing science and grounding physics to explain how electrical charges from the earth can have positive effects on your body.

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P R E P A R A T O R Y C H A R T E R H S

SENIOR ACTIVITIES: BE SAFE AND HAVE FUN

- Take care of your body. Many teens are tempted to try crash diets or crazy workouts in last-minute attempts to look perfect for prom. These usually end up not working and make a person feel awful. Eat a balanced and healthy diet, exercise regularly, and get a full night's rest every night to look your best.
- Protect your skin. Looking tan might be all the rage, but sunburns and skin cancer are not worth it. Wear sunscreen with SPF 15 or higher, or consider getting a spray tan or using sunless tanning lotion.
- Be careful with new cosmetic products. Before trying a new product on your skin or hair, read the directions thoroughly, accounting for any warnings given. Test the new product on a small area of your body to avoid painful reactions or irritation. Remember to remove all products before bedtime to prevent problems, and stick to professional hair and skin treatments when possible.
- Wear appropriate shoes. Think about the activity you'll be doing when choosing your shoes, and bring an extra pair to change into if needed. Don't wear shoes you can't safely walk in, no matter how cute they might look.
- Make a plan and stick to it. The day and evening activities should be well-planned, including transportation and arrival times. Be sure someone you trust knows the plan and is available for you to call if anything should go wrong. Always wear a seatbelt, don't drink, and don't ride in a vehicle if the driver is even slightly intoxicated.

RESOURCE CORNER

Philadelphia Parks and Recreation Lifeguard

- Are you at least 16 years old?
- Can you swim or interested in learning how to swim?
- Are you interested in making \$16-\$18/per hour?
- Are you interested in receiving a bonus of \$500-\$1000?



The City of Philadelphia is looking for lifeguards and they are willing to train you and pay you. Swimming is also a skill that is great to have. Don't miss this chance to learn, earn and provide a valuable service to the community.

To apply scan the QR code to the right!

Philadelphia Work Ready Program

WorkReady is a program in July-August providing paid work experiences for youth living in Philadelphia. Work experiences take place 5 days/week at a designated worksite. Participants can get paid up to \$1000+ for the summer!

To apply to this summer employment program you must be:

- Between the ages of 12-24.
- A resident of Philadelphia.
- Not enrolled in college.



To apply scan the QR code to the right!