

## Counselor Talks Series

I have compiled a list of topics 9-12 and a separate 7-8 grade students ask me about frequently. Because of the current circumstances, I decided that I will post different videos every Monday. If you want me to talk about something specifically, feel free to reach out to me and I will add it to the list. If you need to reach out to me to have a conversation, feel free to email me individually.

### **HIGH SCHOOL Topics include:**

March 30th - PSEO Application and College Credits  
April 6th - Organization Strategies for Successful Learning  
April 13th - Coping with Stressors/Being Mindful  
April 20th - College Admissions 101  
April 27th- FAFSA

### **7th and 8th grade topics include:**

March 30th - graduation requirements for high school  
April 6th - Organization Strategies for Successful Learning  
April 13th - Coping with Stressors  
April 20th - Sleep!  
April 27th - The good and bad of social media