

Coffee with Counselors

Student Perspective

Mrs. Winters, Dean of Students & Senior Counselor

Ms. Stephenson, Grades 9-11 A-J

and Mrs. Tripp, Grades 9-11 K-Z

We reached out to our student ambassadors and those who are a part of our mentor program to see if they would share their perspective and insights on what has been helpful or challenging for them during online learning!

Student Volunteers

These students are Mentors and Ambassadors and volunteered their time today.

- Melanie Brinson- 11th
- Nina Clayton- 10th
- Amelia Mehr- 11th
- Giavanna Orozco-Garza - 10th

What has been challenging and how have you overcome that challenge?

“I can get stressed due to workload. I use my planner and time management to help. I can't live without my planner. I will look at assignments due the soonest and focus on those”

“If you have a assignment due today and a late assignment do the one due today first in order to not build it up late assignments and feel like you are always behind”

““Sitting, missing the transitions, I try to exercise and go on walks. I would walk down in the kitchen and stand or just move around my environment”

“Staying motivated to do my work. I set up rewards for myself, if I get everything done then I get rewarded”

“It was such a drastic change and there was a lack of social interaction which made it hard to get to know teachers and reach out. I focused on getting over fear of contacting teachers because they are here to help”

Describe Your Work Environment

- “I work in my room because it is quiet and free of distractions. I try to keep my room clean so I can better focus on school”
- “I work in my loft, I have my own desk and have everything organized. I can’t work in my room because it is too tempting to get back in bed”
- “I don’t work well in a quiet environment so I have music or a podcast on in the background. I also have a cart that has all of my materials so I stay organized”
- “One thing that has been helpful for me is finding time to stand during the day and change my position”

Describe your daily routine.

“Get up around 6:45, grab coffee or tea and just read before school”

“Get up around 7 and get ready like I would for school which helps me mentally. Then coffee and bullet journaling”

“Making sure I eat breakfast and logging on to class a bit early”

“Go for a walk everyday and get outside for at least 30 minutes a day”

“Journal before I go to bed”

“Staying hydrated throughout the day, start your day on a positive note”

“After school I take a break, have a snack, and chill until after dinner and then get work done”

How do you stay motivated at home?

“Reward yourself!”

“Having family and friend support gives a boost in motivation, having a caring person that tells me that I always get through it and if you need help I am here for you”

“Setting goals”

“Take a 5 minute break if things are too overwhelming and then come back to it”

“Setting alarms and check work before class so I am prepared for the day”

“Make sure I set up a schedule so that I have a break but also don't procrastinate the whole day”

What do you do if you get overwhelmed?

“Break assignments up into more manageable chunks”

“Making a schedule on when to complete assignments”

“Not an easy thing to do and takes some time and reasoning to figure out what to do”

“Talking to my friends and asking them for help”

“Take a minute to talk/rant/vent and then come back to my work and try to figure out how to solve the problem”

Recommendations

Encourage your student to meet with their mentor

Encourage your student to meet with their teacher one on one for feedback on what they're doing well and what they could do better in class

Make sure your student knows they can come to you for praise and listening

Check in on Sunday night. Decide on one new little habit they can try for the week and model that behavior by also committing to a new habit you'll try that week.