

DATA

SCHOOL COUNSELING PROGRAM

Monthly Newsletter

STAY STRONG, FINISH STRONG!

Tips for a Successful Semester!

1. Get organized: Making a plan for what you are going to do and when you are going to do it.
2. Divide it up: Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying more fun!
3. Sleep: Don't underestimate the importance of those 8 hours of sleep! Getting a good night's rest will sharpen your focus and improve your working memory.
4. Set a schedule: Do you work better right after school or after you have eaten dinner? Are you more productive in 90 blocks or half-hour spurts? Find a schedule that works for you!
5. Ask questions: Don't be afraid to ask questions, even adults ask for help!

How to Be a Good Online Learner!

1. Be prepared: Make sure you are starting class on time! Check your tech and connections.
2. Be proficient: Set yourself up for success with good work habits. Create a space for classwork and video classes. Get organized with your supplies (headphones, chargers, pencils/pens). Schedule your class sessions and assignment due dates using a digital or paper calendar.
3. Be a participant: positive participation helps you learn and makes more class interesting. Sit up and focus on your screen.
4. Keep your device up to date: make sure you are shutting down your computer every night! Do not download any apps or games, this will slow the computer down.

High School Registration

- High school registration is beginning! Please reach out to your future school for any questions regarding registration and/or elective choices.
- Family Orientation/Information Dates:
 - Ventura High School - March 1st
 - Buena High School - March 3rd
 - El Camino High School - March 18th
 - Foothill High School - March 23rd



Ms. Agnes's Virtual Groups

- DATA Boys Group - Every Monday in March at 1:00pm
- DATA Girls Group - Every Wednesday in March at 11:30am

If interested in joining a group, please reach out to Ms. Agnes for the zoom link at Nicole.Agnes@venturausd.org

COUNSELING WEBSITE

<http://datacounselingteam.weebly.com/>

A Special Message From Mrs. Durkee:

Hello Navigators,

I have some exciting news to share! I am expecting a little girl in early April and my last day will be April 1st. Unfortunately, I will not be returning for the remainder of the school year, but, I wish you all luck on the last quarter of the school year and to our amazing 8th graders, I hope you have an great time in high school! I will miss you all but will be back in the fall.

Always remember, you got this!

Love, Mrs. Durkee



UPCOMING PARENT MEETINGS

ELAC Meeting

(English Language Advisory Committee)
March 30th (6:00pm-7:00pm)

UPCOMING IMPORTANT DATES

March 1st - VHS Orientation Night
March 3rd - BHS Orientation Night
Mid-March - Progress Reports Mailed Out
March 17th - 5th Grade Welcome Day
March 18th - El Camino Information Night
March 23rd - FHS Orientation Night
March 24th - 6th Grade WEB Meeting
April 1st - End of 3rd Quarter
April 2nd - No School
April 5th - April 9th - Spring Break