

School Counseling

September 29, 2017

FCD Website Recommendations

www.schools@fcd.org

www.nida.nih.gov

www.drugfree.org

www.abovetheinfluence.com

Recommended Reading

The Teenage Brain by

Frances Jensen

<https://www.edutopia.org>

[Technology and the Family](#)

Topic: Balance and Self-management

Students are very busy in the school day and benefit from tools and strategies on how to balance school work and activities, their behaviors and friendships, time, and wellness. Teaching students the strategies to independently monitor and manage their behaviors sets them up for long-term successes.

Key self-management strategies to reinforce at home

- **Communicate:** Spend time together discussing and reviewing the daily routines and behaviors that students embark on. Topics could be friendship, stress, academics...
- **Mindful breathing:** There are a variety of free apps for students and adults to use to maintain wellness: <https://www.stopbreathethink.com/>
- **Reflection:** self-monitor and self-evaluate behaviors and feelings reflect on actions and to make adjustments for next time.
- **Goal setting:** Help your child set personal short-term goals.
- **Setting boundaries:** Determine what your child values and what is a priority. Discuss how to set boundaries with school work, activities and friendships but still honor their work, relationships and personal needs.
- **Build confidence:** Build awareness of one's strengths and encourage your child to take risks and reflect on how they did
- **Maintain Routines:** School work, play, activities, relaxation, and sleep should be built into the student's daily life routines and in manageable time
- **Strategies:** It is important to teach your child the tools and strategies that they will need to keep balance in their lives and manage themselves with academics, activities, friendships, and family.