

# PRIDE POST

NOVEMBER  
2020



## LRHS STUDENT SERVICES

Leesville Road High School Student Services <http://leesvillestudentservices.weebly.com/>

### SENIOR CORNER



- **Mid Year Graduates**-Be sure to complete all the required forms and surveys by December 1. Email Ms. Dinkenor, [hdinkenor@wcpss.net](mailto:hdinkenor@wcpss.net) or Mr. Greene if you have questions.
- **November Scholarship Bulletin**-  
<https://bit.ly/3lvzIEi>
- **Transcripts Sent to Colleges**-  
Congratulations to those of you who submitted Early Action/Early Decision college applications! Please note - it may take several weeks for student portals to "catch up" and reflect all the received items of a completed application. Remember many colleges are receiving tens of thousands of applications and their supporting documents (e.g. transcripts, recommendations, test scores) and it takes time to process through all those materials. Be patient and don't panic!
- **Spring Semester Schedules**: Remember that even though you haven't yet begun second semester, your colleges have been sent transcripts that reflect your entire year's courses. You have now represented yourself as an applicant taking all the courses on your transcript. Many colleges request to know if seniors alter their spring semester courses. Strength of senior year schedule is an important factor in admissions decisions. While schedule changes will be extremely limited in general during this challenging year, think carefully before you request a change (particularly one that would lessen your rigor).

### BREAKING NEWS

**PSAT Information**-Juniors may register to take the PSAT on January 26. For details, go here:  
<https://www.wcpss.net/domain/15916>

**Freshman Academic Sessions**-The counselors will be hosting virtual meetings with Freshman on Wednesday, November 18. Freshmen are strongly encouraged to attend. Details can be found here:  
<https://bit.ly/3nqNf0w>

**Student Success Series**-Ms. Fletcher, our Academic Support Counselor, will be presenting information on coping with the demands of high school to 9th grade students. Current English 9 students will receive this information in their English class. Students not in English this semester can participate on December 2 or December 16. Details can be found here:  
<https://bit.ly/35qG3LO>

### COUNSELOR SUPPORT

If you like to talk with the school counselors virtually to discuss any general topics about school or your future plans? If so, the LRHS Virtual Counseling Booth is open every Thursday from 11:30 to 12:30 pm. The Google code is: [lrhscounselorbooth](https://www.google.com/search?q=lrhscounselorbooth).

You may also contact your counselor by emailing them.



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## TIPS FOR ACADEMIC SUCCESS

Looking for tips on how to do well in school?  
Go here for some great suggestions:  
<https://bit.ly/3kujrhu>



**SELF CARE**-Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.

- **Physical Self-Care**- You need to take care of your body if you want it to run efficiently. Keep in mind that there's a strong connection between your body and your mind. When you're caring for your body, you'll think and feel better too.
- **Social Self-Care**-Socialization is key to self-care. But, often, it's hard to make time for friends and it's easy to neglect your relationships when life gets busy. Close connections are important to your well-being. The best way to cultivate and maintain close relationships is to put time and energy into building your relationships with others.
- **Mental Self-Care**-The way you think and the things that you're filling your mind with greatly influence your psychological well-being. Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you fuels your mind.
- **Emotional Self-Care** It's important to have healthy coping skills to deal with uncomfortable emotions, like anger, anxiety and sadness. Emotional self-care may include activities that help you acknowledge and express your feelings on a regular basis. Whether you talk to a family member or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.
- **Spirit Self-Care** Nurturing your spirit can involve anything that helps you develop a deeper sense of meaning, understanding, or connection with the world around you. This could be you meditation, writing in a journal, or listening to music to name a few.

