



THE SCORPION SCOOP

Mrs. Godinez, Mrs. Torres, & Mrs. Wuflestad

April
2020

CHECK IN FROM YOUR COUNSELORS!



Scorpions, we miss all of you!
We hope you are all doing great!
Thank you for your patience
and understanding during
these difficult times.
We hope to see you all soon!

- EACMS Counseling Team

This month:

DECISION MAKING

How can we make good choices?
Follow these 5 steps when making
good and appropriate choices.

DEALING WITH BOREDOM

How can you avoid boredom
during the school closures?
Give these ideas a try!

GROWTH MINDSET

In these times it may be difficult
to have a growth mindset. Let us
help remind you what you are
capable of!

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Decision Making



"You are free to choose, but you are not free from the consequence of your choice."

-unknown



CONSIDER THESE 5 STEPS WHEN MAKING A CHOICE:

1. Identify the question or problem.

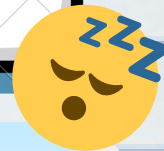
2. Gather Information - make a pros/cons list.

3. Debate the reasoning with others you trust.

4. Use past experiences and info to weigh options.

5. Make YOUR choice!

Dealing with Boredom



Scorpion Boredom Busters:

- Organize your closet
- Create a digital collage
- Google Hangout with friends

5 TEEN BOREDOM BUSTERS!

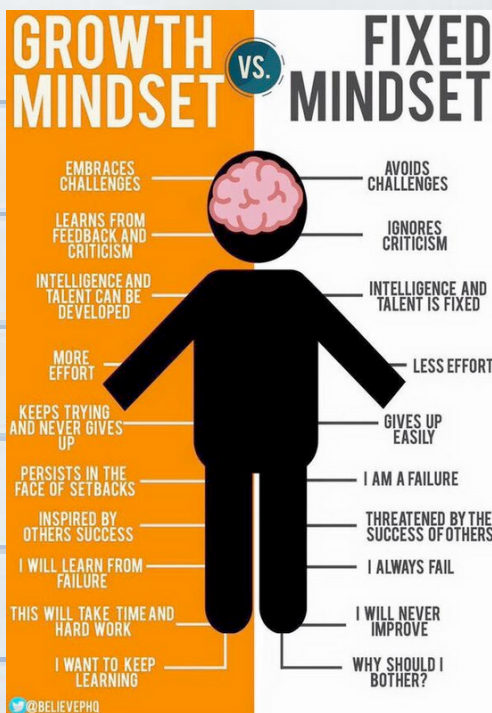
1. CREATE A SPOTIFY PLAYLIST
(GIVE IT A FUN NAME AND ADD YOUR FAV SONGS)
2. NETFLIX / MOVIE MARATHON
(GET A FUZZY BLANKET AND A YUMMY SNACK)
3. SPA AND MANICURE
(FACE MASK, CANDLE, SOAK FEET, PAINT NAILS)
4. ONLINE SHOPPING
(AMAZON, EBAY, WISH, ANY STORE.COM)
5. DO DIY'S
(LOOK ON PINTEREST OR YOUTUBE FOR IDEAS)

Growth Mindset



It is important to have a growth mindset in order to learn from our mistakes, be motivated to succeed, take on challenges, accept feedback, and expand our knowledge!

We believe in you! You should believe in yourself too!



Growth Mindset



- ❑ Did I work as hard as I could have?
- ❑ Did I set and maintain high standards for myself?
- ❑ Did I spend enough time to do quality work?
- ❑ Did I regulate my procrastination, distractions, and temptations in order to complete my work?
- ❑ Did I make good use of available resources?
- ❑ Did I ask questions if I needed help?
- ❑ Did I review and re-review my work for possible errors?
- ❑ Did I consider best practices for similar work?
- ❑ Is my work something for which I am proud - that I would proudly show to a large, global audience?