

HE SNAP

===== OCTOBER 2020 VIKING COUNSELOR NEWSLETTER =====

MONTH AT A GLANCE

It has been a very spooky season here in the counseling suite. We were excited to welcome our face-to-face students back to campus. It has been nice to see many familiar faces. This month, the counselors processed 2,700 schedule changes, registered students for AP Exams, administered the District Student Needs Assessment, and responded to the specific needs of each student. We are going to enjoy our Friday off and the extra hour of rest!

IMPORTANT DATES

November 11, 2020 - Parent University: Endorsements, GPA, & Stress Management

November 15 - November 22nd - National Hunger & Homelessness Awareness

<https://www.houstonfoodbank.org/>

November 23 - November 27 - Thanksgiving Break

December 1 - AP Exam Payment Deadline

PARENT UNIVERSITY

Graduation Requirements, GPA, Endorsements, and Mental Health

November 11 @ 6:00 pm via Zoom

Join Zoom Meeting:

<https://zoom.us/j/91069632359?>

[pwd=ZGIGQXVlaFlzd2dnSDFSYzFJa0JlQT09](https://zoom.us/j/91069632359?pwd=ZGIGQXVlaFlzd2dnSDFSYzFJa0JlQT09)

Meeting ID: 910 6963 2359

Passcode: 820427



AP EXAM INFORMATION

AP Exam Payment Deadline - December 1, 2020

For more information and to make payment, click the link below.

 **Counseling / AP Course/Exams**

www.fortbendis.com

Academic Excellence




ACADEMIC EXCELLENCE

Congratulations to our 2019-2020 Academic Excellence Recipients.

For additional information, please visit the counseling website:
<https://www.fortbendis.com/Page/105724>




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OFFICE AIDE OF THE MONTH



JERRY CYRIAC

Jerry is our office aide of the month for October. She has been so helpful in the counseling suite. The counselors were not able to have office aides the first couple of months of school, and Jerry has made us realize how much we missed them! Jerry loves her Art class and enjoys painting and drawing. Jerry is a senior at Dulles and is so excited to graduate this school year.

MINDFULNESS CORNER

A Thought Audit:

Stop what you are doing and notice what thoughts are going through your head right now. Focus on your thoughts but do not label or judge them. Think of your thoughts as butterflies fluttering around you. Observe the butterflies and be completely aware of them but do not pick out one butterfly over another. Do not notice good or bad butterflies, happy or sad ones, or ugly or beautiful ones. Simply be aware of and acknowledge all of the butterflies. This exercise brings you back to the present moment, which can reduce anxious feelings.



DHS COUNSELING SUITE

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