

## MIDLOTHIAN HIGH SCHOOL

### SPECIAL POINTS OF INTEREST:

- *PSAT testing is October 11th.*

#### Counselor Assignments:

Ms. Lawson: A—Di  
Mr. Birmingham: Do—Ko  
Mr. Erby: Kr—Re  
Ms. Brady: Ri—Sm  
Ms. Shore: Sn-Z & SUCCESS  
Ms. Speller: IB Students

For questions, concerns or additional information, please contact the MHS School Counseling Department at 804.378-2440 Monday-Friday from 7:00-3:00PM .

Follow us on  
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[@MidloHSCounsel](#)

#### HOW WE CAN HELP:

- **College/Career Planning**
- **Personal/Social Advising**
- **Academic Advising**

# The Trojan Times

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## Welcome Back!!

Welcome back to another great year at Midlothian High School! The School Counseling department has been working extremely hard over the last few weeks. Counselors have been meeting with seniors individually to review transcripts, discuss courses, and post graduation plans.

Counselors are now accepting names for students to participate in small counseling groups.

## The Senior Sitdown

**Monday, September 18th**  
**6PM**  
**The Auditorium**



## The Counselor's Corner: Balancing School & Activities

The truth is that when it comes to activities and school, it's best to maintain a good balance. Don't try to do everything. Make a carefully considered decision about what to commit your time to. It's wonderful to discover a personal interest or talent that you care about and can get deeply involved in. That's hard to do if you spread yourself too thin. You should be genuinely enjoying the activities you choose, not just checking them off a list. Taking on too many activities is a known cause of teenage stress. Expecting too much of yourself can make you feel anxious. If you're feeling overwhelmed, ask yourself whether you've taken on too much. If you never have a minute to rest or have fun, you're doing too much. Take a look at your calendar and carve out time to take it easy. All work and no play just stresses you out. Make sure that you eat healthy foods and that you get enough sleep each night. Also, remember that exercise is a necessity to keep both body and mind strong.

## Minding Your Mind

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is innate, it can be cultivated through proven techniques, particularly seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep); short pauses we insert into everyday life; and merging meditation practice with other activities, such as yoga or sports. How do you mind your mind?

# Be a Trojan Who Cares

Residents of Houston, Texas and surrounding counties were severely impacted by Hurricane Harvey. Homes, schools and other essential structures have become uninhabitable or destroyed. Though we are over 1,200 miles apart, we want to show our support for those in need. The School Counseling Department will sponsor a school supply drive to assist the students of De Queen Elementary School.

***Items needed include: pencils, pens, spiral notebooks, composition notebooks, crayons, colored pencils, folders and backpacks.***

Collection will begin **September 13th** and end on **September 27th**.

Donations should be dropped off in your 1st period class. The class that collects the most items will receive doughnuts for breakfast!!

## \*Athlete Alert\*

- ◆ If you are a senior and are planning to compete in college level sports next year, you have to sign up with the NCAA eligibility center. Please see Mr. Birmingham for additional information.
- ◆ All athletes must currently be enrolled in 5 classes and have passed 5 classes the semester prior to your participation in a sport.

## Upcoming Dates

- ◆ The Senior Sitdown—Monday, September 18th at 6PM in the auditorium
- ◆ Trojans for Tomorrow Club will meet September 26th and October 31st in room 324B at 2PM. All are welcome to join.
- ◆ Senior Packet distribution—Thursday, September 21st and Friday, September 22nd, during all lunches.
- ◆ ASVAB Testing—Wednesday, October 11th— Sign up in the Career Center
- ◆ College Night—October 3rd

## College Visits

University of Richmond

Wednesday, September 20th - 8:15

St. Bonaventure

Friday, September 22nd— 8:15

Longwood University

Friday, September 29th—8:15

Virginia Commonwealth University

Monday, October 2nd—8:15

Old Dominion University

Tuesday, October 3rd—8:15

James Madison University

Wednesday, October 4th—9:45

Interested students should sign up for a pass in the Career Center.

**And many, many more!! See the School Counseling website for more schools!**