

The background features abstract watercolor-style shapes in shades of light blue and light green. Scattered throughout are numerous small, dark blue dots of varying sizes. In the bottom right corner, there are faint, dark blue line drawings of what appear to be fingers or a hand.

Counselor Chat

December 4th, 2025

Agenda

Introductions

What Parents can do to support students

What students can do

Academic Leadership Tutors

DVHS resources

Final Schedule

12/16-12/19

12/16
Tuesday

PERIOD	START	END
B PERIOD	8:30	10:30
BREAK	10:30	10:34
6	10:40	11:13
5	11:19	11:52
4	11:58	12:31
LUNCH	12:31	1:01
3	1:07	1:40
2	1:46	2:19
1	2:25	2:58

DATE	12/17/25 Wednesday	12/18/25 Thursday	12/19/25 Friday
8:45–10:45	1ST	2ND	3RD
10:45–11:09	BREAK	BREAK	BREAK
11:15–1:15	4TH	5TH	6TH

Reminders for supporting your student

- Remind them to sleep, eat and exercise
- Recommend early studying
- Help them create a Study Plan
- Create a dedicated study space
 - Minimize distractions (aka their phone)
- Be supportive
- Minimize pressure

What Parents Can Do To Manage Their Own Stress During their Students' Finals

- Practice healthy coping mechanisms
- Model self-care and healthy emotional responses
- Use mindful techniques
- Focus on effort, not just outcomes
- Avoid excessive worry
- Validate their feelings
- Maintain a strong connection

Why Managing Parental Anxiety is Beneficial

- It prevents parents from unintentionally fueling their teen's anxiety, leading to a healthier family dynamic.
- It helps parents avoid becoming an over-protective "helicopter parent," which can hinder a teen's ability to develop independence and resilience.
- It provides a positive role model for the teen, showing them how to navigate stress and build their own coping skills.
- By managing their own stress, parents can better support their teen's mental and emotional well-being.

FINALS WEEK REMINDERS

BY CHIBIRD



① you got this! this is where your hard work pays off.



② sleep is just as important as studying



③ take care of your mental & physical health



④ do your best and keep worry and stress in check

How Students can prepare for finals

- Communicate with teacher (in person or via email)
- Review resources/study guide for each class
- Go to Teacher's Student support time
- Utilize Peer tutors
- Mindset shift: from perfection to progress (growth mindset).
- Rest, move, fuel their body and stay hydrated!



Academic Leadership Tutors

DV Resources

- Academic Leadership
- Wellness Center - Hot Cocoa Event 12/10 during student support & lunch.
 - Wellness Center Website
- DVHS Counseling Website
- Study tips,Hacks for Productivity and Focus
- Study Tips
- Stress reduction tips/articles:
 - Manage Your Stress
 - Academic Pressure

Further Questions?

Katy Holtog - Last names A - Chop kholtog@srvusd.net

Rajni Nijjer- Last names Choq - Hoss & ELD rnijjer@srvusd.net

Carrie Fox - Last names Host - Lee & College Connect cfox@srvusd.net

Monica Hersch - Last names Lef - Mic mhersch@srvusd.net

Lais Oliveira - Last names Mid - Ran loliveira@srvusd.net

Kelly Cushner - Last names Rao - Sub & AVID kcushner@srvusd.net

Meagan Sellers - Last names - Suc - Z & Academic Enrichment msellers@srvusd.net