

Seligman Schools Counselor's Corner



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Hi, my name is Shawn. I am at Seligman Unified School District to provide support services in the areas of academic, career, social, and emotional learning.



Even young children experience anxiety and stress. These are resources to help them manage their stress:

- <https://www.headspace.com/>,
- <https://thiswayup.org.au/12-free-apps-to-help-you-beat-stress/>

Career Preparation:

It is never too early to start considering career options. In addition to earnestly doing your best with AVID curriculum, these yield results:

- Complete *multiple* aptitude/interest inventories and narrow down a few job areas you may like to explore further.
 - <https://www.123test.com/career-test/index.php>
 - <https://www.princetonreview.com/quiz/career-quiz>
 - <https://www.ipersonic.com/career/>
- Spend time really thinking about what you may enjoy doing and variables that you value most in a job (examples like pay, meaningful work, travel, benefits, ability to work remotely etc.).
- Talk to your family, friends, and teachers about how they see you doing in some of the careers you have selected.
- Ask to shadow a professional, in the career you have most interest. Most professionals welcome young people asking to learn from them. You can call and ask to speak to different professionals and request a phone interview, or (the most valuable way) ask to spend a half day with them at their job. Some great questions to think about asking: What do you like most about your job? What do you find most unenjoyable? What do you wish you knew about your profession when you were my age?
- Lastly, get a volunteer (or paid position) in chosen areas of interest.
- I am happy to help you set up and work through any of these ideas.

FREE earnable skills while in high school:



**GET TRAINED. GET CERTIFIED.
GET HIRED.**

<https://www.micted.net/>

College on your radar? If so, check out this link below.

The Financial Aid Toolkit provides federal student aid information and outreach tools. See <https://financialaidtoolkit.ed.gov/tk/>