

Bath Counseling Newsletter

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		Holiday	Break			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			Semester Exams	Semester Exams End of Qtr 2	No School- Staff PD	
19	20	21	22	23	24	25
	MLK Day No School					
26	27	28	29	30	31	
					Apollo 411 Blast for Sophomores	

Senior Checklist

- Go on College Visits
- Make a list of application deadlines that range from Dec until early March.
- Complete the FAFSA.
<https://studentaid.gov/h/apply-for-aid/fafsa>
- Shadow/Speak to an employee in a field in which you are interested in.
- Build your Resume if you are joining the workforce.
- Request Transcripts to be sent.

Wellness Tip

Prioritize Sleep

Establish a consistent sleep routine. A good night's sleep enhances mood, concentration, and overall cognitive abilities.

Contact Information

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