

Bath Counseling Newsletter

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Apollo Enrollment Opens	2
3	4	5	6 ELA II Retakes 8:30 (Library)	7 Science & SS Retakes 8:30 (Library)	8 Math Retakes 8:30 (Library)	9
10	11	12 EOC Make Ups 8:30 (Library)	13 EOC Make Ups 8:30 (Library)	14 EOC Make Ups 8:30 (Library)	15 EOC Make Ups 8:30 (Library)	16
17	18 EOC Make Ups 8:30 (Library)	19 EOC Make Ups 8:30 (Library)	20	21 HOLIDAY	22 BREAK	23
24	25	26	27	28	29	30
31	1					

Senior Checklist

- ☐ Make a list of application deadlines, which range from Dec until early March.
- ☐ All Bath Local Scholarships are available on Schoology and due April 15th.
- ☐ Prepare for 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. (Request form on guidance page)

Wellness Tip

Practice Mindfulness

Practice mindfulness each day. Mindfulness is about paying attention to daily life and the things we typically rush through. It's about turning down the volume in your own mind. Some ways to help are deep breathing, drawing, going for a walk, or journaling.

Contact Information

Mr. Thompson (10th and 12th)

Email: thompsonma@bathwildcats.org

Mrs. Heringhaus (9th and 11th)

Email: heringhausk@bathwildcats.org