

The CBHS Counseling Corner

Your Monthly Newsletter About All Things Counselors

Volume 2, October/November 2023



While high school can be the best time of our lives; for many, it may bring multiple challenges. We, your counselors, are here to assist you with any struggles that you may face.

We are your OASIS.

Thorpe's Thoughts

"I can be changed by what happens to me, but I refuse to be reduced by it."

-Maya Angelou

Life Skills & Wellness Theme -Resiliency-

What does it mean to be resilient?

It is the capacity to withstand or to recover from adversity.

What are some ways I can become more resilient?

- ~Have a Growth Mindset.
- ~Set Goals.
- ~Ask for help.
- ~Express gratitude.

Fall Senior Counselor Visits

In October and November, the school counselors will meet with all seniors in an individual meeting to discuss their path for graduation.

These visits will serve as a great opportunity to share any questions or concerns you may have with your counselor.

THORPE

Director

MAISEL

AICE Diploma/
FBI Cyber Stem

LONGHI

A-Carn

TRINH

Carr-Ferm

WILSON

Fern-Ip

MARTINEZ

Ir-Mc

COOMBS

Me-Pie

SMART

Pim-Sil

FORTUN

Sim-Z

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What is Grade Calculation?

In High School, the grades are calculated in a certain way to give you a semester grade.

This means you have to do well in in your quarter grades AND your midterm/final exam to get a good semester grade. For example, a 1st quarter grade A, 2nd Quarter grade B, and a midterm grade A will give you a semester grade of A. This is what will help calculate your GPA.

[Click here to view the calculations](#)

What is the College and Career Center?

The College and Career Center is the place to go to start preparing for life after high school. With lots of workshops and opportunities to learn, the College and Career Center is always available to you. Our College and Career Center is located in room 458.

You can schedule an appointment by emailing our College and Career Director, Kristina Taylor Kristina.Taylor@browardschools.com or our BRACE Advisor, Tamara Labossiere Tamara.Labossiere@browardschools.com.

Say Hello To Xello!

Starting October 2023, students will have access to a wonderful tool to explore careers and educational pathways.

Explore the Xello application in Clever.

Counseling Activity: Rock Climbing Wall

1. Take a few minutes to reflect on a challenging experience.
2. Draw and describe this experience with the problem, setback, AND ONE tool that assisted your "climb" to success.
3. Write and reflect how that experience changed your self-view.

[Click here to contact your school counselor!](#)