

PRINCIPALS CORNER

Dear Art and Design community,

Zig Ziglar famously wrote “lack of time is not the problem; lack of direction is the problem.” Today, I would like to share with you 5 steps to identify your goals and create a pathway to fulfillment.

Step 1: Write down everything you want to be, do or have and read these goals a few times over the next 48 hours.

Step 2: After each item, write down, why you want it.

NB: If you cannot write down why in one sentence, then eliminate that as a goal.

Step 3: Rewrite the list with the goals that remain. Write the answer to the following questions for each goal:

- What are the benefits of reaching this goal?
- What are the obstacles that I will have to overcome?
- Who are the people (family members, teachers, mentors or professionals) that I will need to get information or support from to accomplish my goal?

NB: If you don't have an answer to any of Step 3's sub-steps, eliminate that goal.

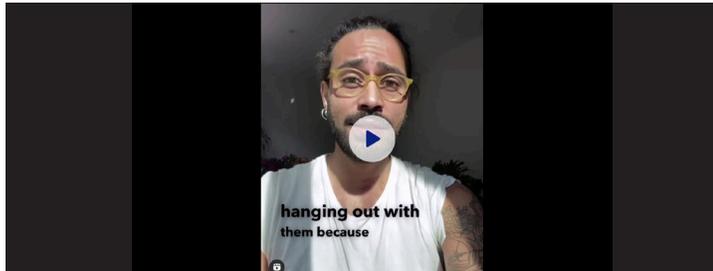
Step 4: Write the projected date of completion next to each of the goals that remain.

Step 5: Work backward from each goal date to the present, adding dates that represent milestones and checkpoints.

At the end of these steps, you will have a roadmap outlining your goals. If you get stuck with any step, email your guidance counselor, and they will connect you to a CRP counselor to support you with reorganizing and recommitting to your goals.

Sincerely,
Principal Maximillian Re-Sugiura

WELLNESS IN ACTION



Video Credit: Sah D'Simone

MEDITATION MINUTE



[Click the video above](#) for 60 seconds of peace.

ACTIVATION CORNER:

#StopAsianHate

We, the High School of Art and Design community, denounce the hate crimes against the persons of Asian Pacific Islander decent. Be an UPSTANDER by:

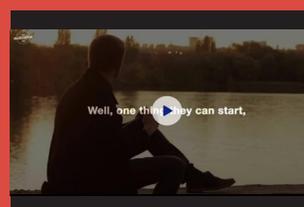
1. **Safely** shifting the focus of the perpetrator to redirect hate away from the victim and call for support from people around. **Only if it is safe.**
2. **Report incidents.** Call 911, document incidents: www1.nyc.gov/site/cchr/about/report-discrimination.page and follow up by calling the NYC Commission on Human Rights at 212-416-0197.
3. **Use social media to amplify anti-hate/ anti-bias content.** Use hashtags #StopAsianHate #StopAPIHate.
4. **Share audio-visual material** from the New York City Stop Asian Hate toolkit [here](#).

TEACHERS CORNER:

Teacher as Mentor

[Watch the video below](#) before your next mentorship or student 1:1 session to acquire some helpful assumptions, methods, and notions that will inform the way you engage during the session. Feel free to use this video as a tool of engagement to watch and

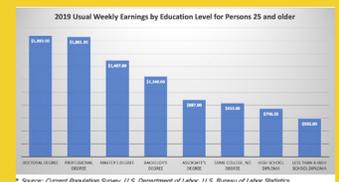
discuss with your student at the beginning of your session.



GUIDANCE CORNER

We want to hear from you! [Click here to go to the virtual guidance counselor suite](#). Send your guidance counselor an email or give them a call. We have many systems of support and resources for you.

COLLEGE CORNER



People who complete college or a professional trade program earn more over a lifetime than people who do not. Money is not everything but in the words of Mae West, “I’ve been rich and I’ve been poor. Believe me, rich is better.” Over the next few weeks, we are going to share content to help you plan for your post high-school education. It’s never too early to start planning. Contact your college counselor Patricia Doulis via email: pdoulis@schools.nyc.gov.

PARENTS CORNER:

A Morning Practice that will Transform your Day

Before getting out of bed, listen inwards to your thoughts. If you are holding on to tension, disappointment, or upset from the day before and have apprehension about the day ahead, put your hand on your heart and say the following. **“Yesterday is gone. This moment and the promise of today is all I have. I will be the best version of myself today. I am brave, I am loving, and I am courageous.”** Continue saying that until the feeling subsides. Next, think of 1 thing for which you are truly grateful. Repeat this process as many times as needed.

“The most important thing you have is time. It’s not money, it’s time.

Every day you have to put some time into becoming who you’re supposed to become...”

-CHADWICK BOSEMAN