

PRINCIPALS CORNER

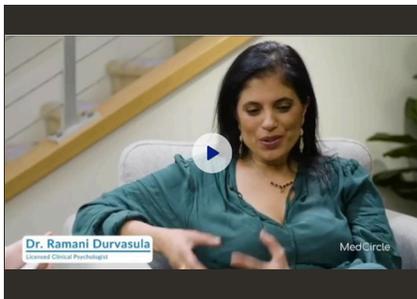
Dear Art and Design community,

I want share with you the concept of Self-Sabotage so that you can consider whether this may be a barrier to achieving your academic and social-emotional goals.

In the video below, Dr. Ramani defines Self-Sabotage as an unconscious action that causes "a person to undercut their ability to accomplish their goal or intention". During the discussion, the speakers share that Self-Sabotage takes the form of limiting beliefs that may have been passed down from generation to generation, thus becoming a part of your identity of which you are unaware.

If you have been struggling with achieving a goal, I want you to consider that you may be Self-Sabotaging and I encourage you to seek support from a counselor to find out how to transform Self Sabotage into self-improvement.

[Please watch the video below for more information.](#) The full video can be found [here](#).

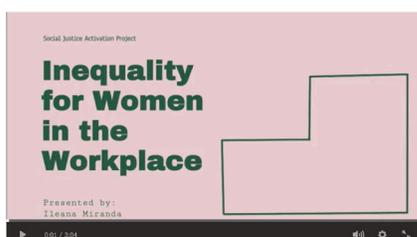


Sincerely,
Principal Maximillian Re-Sugiura

ACTIVATION CORNER:

Student Activation Project Highlight

Join us in celebrating Ileana Miranda as we highlight her Student Activation Project on the **Inequality for Women in the Workplace**. [Click below to view:](#)



WELLNESS IN ACTION:

7 powerful steps to process any situation or challenge

- 1) Think about the situation or challenge that is currently bringing you unwanted emotions.
- 2) What are you telling yourself about why this situation is happening? What's the story?
- 3) What can you leave out from what you are telling yourself? Leave out anything that you added in order to explain the situation but is not actually factual or supported by evidence.
- 4) How can you replace your current thought(s) with something that is true and more helpful?
- 5) What am you pretending not to know?
- 6) What is the cost (emotional, psychological) of seeing the situation in this way?
- 7) What is your best next step?

[Please click here for an example of how this is done.](#)

MEDITATION MINUTE



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

PARENTS CORNER:

The power of failure

Most students dread telling their parents that they have failed. Some think that they will be perceived as a failure if they share grades or experiences that are less than their potential. In moments when our students are facing failure, the parent mindset is an important vehicle to encourage and inspire their Child. [Click here](#) for facts about "famous failures" that you can use to encourage your child. [Find other inspirational stories here.](#)

TEACHERS CORNER:

Great quotes and anecdotes can be a source of inspiration for you and great material for conversation starters in 1:1 session with students. Please click on the images below:



[Click here for more inspirational quotes / anecdotes that you can use.](#)

GUIDANCE CORNER

Please click on each app below to learn more about each of them and ways that they can assist you with your self-care.

Apps for Positive Self-Care

-  **ThinkUp: Positive Affirmations**
[iPhone](#) | [Android](#)
-  **Fabulous: Self Care**
[Android](#)
-  **Motivate: Daily Motivation**
[iPhone](#)
-  **Strides: Goal & Habit Tracker**
[iPhone](#)
-  **Habitica: Gamified Taskmanager**
[iPhone](#) | [Android](#)
-  **Always Positive - Daily Quotes**
[iPhone](#) | [Android](#)
-  **I AM - Positive Affirmations**
[iPhone](#) | [Android](#)
-  **Mind Mapping - MindMeister**
[iPhone](#) | [Android](#)

COLLEGE CORNER

Last week we reviewed how to generate a list of schools that match criteria that you have identified as being important to you. Please [click here](#) for last week's video.

Now that you have all of your schools, click here to download and complete the [College Comparison Worksheet](#).

College Comparison Worksheet	Option 1	Option 2	Option 3	Option 4	Option 5
College Name					
Location					
Size					
Cost					
Programs					
Faculty					
Student Body					
Admission					
Financial Aid					
Research					
Workshops					
Internships					
Alumni					
Reputation					
Ranking					
Website					
Notes					

Please reach out to your college counselor **Patricia Doulis (Pdouils@schools.nyc.gov)** for assistance with completing the worksheet.