

GRIZZLY GAZETTE

NOV
2020

COUNSELORS NEWSLETTER FOR PARENTS

(281) 939 0016 / <https://gohs.conroeisd.net/department/guidance-counseling/>

WORRIED ABOUT SOCIAL MEDIA AND YOUR TEEN?

The Social Dilemma is a documentary about the mental, emotional and physical impact of social media on our society. It is an eye opening look into the way social media is affecting teens and adults. There is a high correlation between social media and depression and anxiety. In fact, there has been a 151% increase in teen girls experiencing mental health issues since 2010 and the advent of social media.

PARENTING TIPS FOR CELL PHONE USAGE

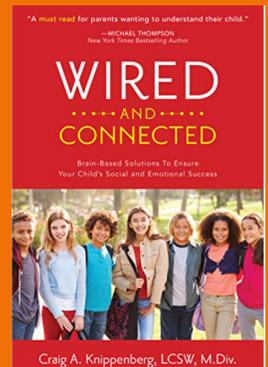
1. Model the phone usage behavior you want your child to have.
2. Create a phone usage contract- set expectations and limits.
3. Limit screen time before bed and take up phones during the night. (Get an alarm clock for your child.)
4. Monitor, monitor, monitor - keep a watchful eye on apps, chats, and text messages.

Source:

<https://www.cpr.org/2019/11/09/healthy-phone-use-tips-for-teens-parents-teachers/>



If you are concerned about your teen's screen time and smart phone usage, consider reading [Wired and Connected: Brain-Based Solutions To Ensure Your Child's Social and Emotional Success](#) by Craig Knippenberg.



COURSE SELECTION FOR 2020-2021

Believe it or not, we are already planning for the next school year - 2020-2021! GOHS Counselors will be working with current York 8th graders and GOHS 9th graders this November and December to plan and choose their courses for next school year.

Students have an assignment through their Science Canvas course that involves updating their Four Year Plan and completing a Google form for course selections. All information including a virtual Academic Showcase can be found on the GOHS website under Guidance and Counseling and then Course Selection.

Current 10th and 11th graders will be completing course selections and meeting with their counselors in February and March.

If you have questions or need help please contact your student's counselor.

For more information please go to: <https://gohs.conroeisd.net/department/guidance-counseling/course-selection/>

CONCERNS ABOUT PAYING FOR COLLEGE?



There are many different types of financial aid available for students today. Understanding the difference between federal and pell grants, local, national and university scholarships, work study, and subsidized v. nonsubsidized loans is a lot to decipher as well as an important part of the journey towards funding college for your child. CISD College and Career Counselors have put together a presentation that helps explain the different types of aid called Finding Money for College Scholarship & Financial Aid 101. In addition, please check out resources at College Board - Opportunity, Fastweb.com, and our own Naviance program that includes SuperMatch college search and Scholarship Match search engine. Students can access Naviance through their Conroe ISD SSO. For more information, watch for the monthly newsletter from the GOHS College and Career Center.