

<p style="text-align: center;"><b>Sources of Support</b></p> <p><i>Who can you get support from <b>at school</b>?</i></p> <p>Peers:</p> <p>Trusted Adults:</p> <p><i>Who can you call from <b>outside of school</b> to get support?</i></p> <p>Friends/Family/Trusted Adults:</p> <p style="text-align: center;"><i>Crisis Text Line: Text “Start” to 741741 (24/7)</i> <i>988- Text or Call for Support! (24/7)</i></p>	<p style="text-align: center;"><b>School Resources</b></p> <p>What are three organizations or services at your school that you will try to use regularly or become involved with this year? (Examples: Tutoring, Student Clubs, Sports Teams, Extracurriculars)</p> <p>1)</p> <p>2)</p> <p>3)</p>
<p style="text-align: center;"><b>Motivation</b></p> <p><i>Remembering what makes it worth it when things are hard!</i></p> <p>Why is succeeding in school important to you?</p> <p>What are you hoping to take away from this school year?</p>	<p style="text-align: center;"><b>Goals</b></p> <p><i>Keeping your eyes on the prize!</i></p> <p>What is one goal that you would like to work to achieve this year?</p> <p>What is one long-term goal that you would like to set for your future?</p>
<p style="text-align: center;"><b>Positive Coping Skills</b></p> <p>List some healthy ways that you deal with stress:</p>	<p>Add some new healthy coping skills that you pick up during the school year!</p>