SEPTEMBER 2025 I.M. TERRELL ACADEMY ISSUE 01

COUNSELING NEWSLETTER

COUNSELING TEAM

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MONTHLY CHALLENGE

Write down three personal goals for the year - one personal, one social, and one academic.
BONUS: share one of your goals with a friend or counselor to help keep you accountable.

WELCOME BACK, PANTHERS!

Welcome to the 2025 - 2026 school year from your I.M. Terrell Academy Counseling Team! We are thrilled to start this new academic journey with you and your family. As we embark on this exciting year, we want to assure you that our dedicated team is here to support and guide you every step of the way. Whether you're navigating the challenges of high school or exploring new opportunities, we're committed to helping you succeed and achieve your goals. Here's to a fantastic year filled with growth, learning, and memorable experiences. Let's make it the best one yet!

SCHOOLINKS

Students can request the following through their SchooLinks account:

- Letters of Recommendation
- Teacher Recommendations
- Transcripts

Students can search for the following through their SchooLinks account:

- College Information
- Career Information
- Scholarships
  - You can apply directly through SchooLinks!

To access SchooLinks, students can click on the SchooLinks icon through the ClassLink App on their FWISD apps

UPCOMING DATES

- September 1, 2025 - Labor Day
- September 12, 2025 - Picture Day
- September 15 - 19, 2025: Six Weeks Interim Assessments
- September 18, 2025 - Blood Drive
- September 19, 2025 - End of 1st 6 weeks
- September 22, 2025 - Beginning of 2nd 6 weeks
- September 23, 2025 - FWISD College Fair
- September 24, 2025 - 1st 6 Weeks Awards Assembly

TOP TIPS FOR COLLEGE VISITS

- **Schedule Ahead** – Book tours and info sessions through the college's website.
- **Go When Students Are There** – Visiting during the school year gives you a better feel for campus life.
- **Ask Questions** – Come prepared with questions about academics, housing, and student life.
- **Explore on Your Own** – Walk around, eat in the dining hall, and check out common areas.
- **Take Notes** – Write down your thoughts and take photos to help you remember each campus.
- **College visits are about finding the right fit** — so stay curious and pay attention to how each place feels!

SELF-CARE STRATEGIES

- **Create a Routine** – Consistency helps reduce stress. Set regular times for sleep, meals, schoolwork, and relaxation.
- **Nourish Your Body** – Eat balanced meals, drink plenty of water, and avoid too much caffeine or junk food.
- **Stay Connected** – Maintain healthy friendships and reach out to people who uplift and support you.
- **Unplug Regularly** – Take time away from phones, social media, and screens to reconnect with yourself and the real world.
- **Express Yourself** – Write in a journal, draw, make music, or talk about your feelings—creative expression is a healthy outlet.
- **Get Moving** – Dance, walk, bike, or play a sport. Movement releases endorphins and relieves stress.
- **Set Boundaries** – Learn to say no to things that drain your energy or make you uncomfortable.
- **Ask for Help** – Whether it's a school counselor, parent, or therapist, seeking support is a sign of strength—not weakness.

LETTERS OF RECOMMENDATION

If you are needing a Letter of Recommendation from your counselor, you will need to submit this request through SchooLinks. Once you have requested a Letter of Recommendation, you will need to email your counselor either your resume or a brag sheet. If you do not have one of those, you can make a resume in SchooLinks to send. Counselors cannot process these requests without a resume or brag sheet.

CAREER EXPLORATION

O*NET OnLine - a free career exploration tool where students can discover detailed information about thousands of jobs, including required skills, education, salary, and future outlook.

CareerOneStop - a free resource that helps students explore careers, find training programs, and learn about job outlooks and salaries across the United States.

SAT TESTING DATES

- September 13, 2025
- October 4, 2025
- November 8, 2025
- December 6, 2025
- March 14, 2026
- May 2, 2026
- June 6, 2026

ACT TESTING DATES

- September 6, 2025
- October 18, 2025
- December 13, 2025
- February 14, 2026
- April 11, 2026
- June 13, 2026
- July 11, 2026