



Stall Stories not Tall Stories

September 2009

Stall Stories is back! For those of you that are new to SFHS, Stall Stories is an effort from the Counseling Department to reach our students about personal and social issues.



HEY MS. GARCIA!

Have a personal or social question you want answered but would like it be anonymous? Then, Stall

Stories is the place as Ms. Garcia will answer your anonymous question! In addition, if you have a suggestion or comment about what you'd like to see on future stall stories, please let us know.

The two options to submit your anonymous questions and comments/suggestions:

1. Go on our website at www.sbac.edu/~sfhs/guidance Then scroll to the bottom and select "Ask Your Anonymous Question Here."
2. Stop by Guidance to drop off your question in the Stall Stories box.

CHALLENGE!

Let's start off the beginning of a new school year on the right foot. How do I propose we do that? By a challenge to make a personal short-term goal (school related or not) and accomplish it (within 45 days). Your goal doesn't have to be a big, lofty goal. Start with something you can work with. Here are some suggestions:

1. Help out my family by cooking dinner one night a week.
2. When I'm unsure of something in class, I'll ask the teacher (whether during class or after).
3. Meet three new people my age this month.
4. ~~Graduate high school~~ --- **Whoa!** Definitely not a short-term goal. Breakdown your long-term goal to include short-terms goals. Such as: 1. Meet with my counselor to make sure I'm on track. 2. Make-up failed credit by taking Algebra I through CROP. 3. Actively listen in my 6th period class.

When you've accomplished your goal, reward yourself and make another short term goal. Remember a goal is not something you've achieved before. And hold yourself accountable by writing it down or sharing it with a family member or friend. I will share with you my short-term goal, which is to have Stall Stories Not Tall Stories, November 2009, ready on Nov 1st. Now that you've read this, or re-read it for the umpteenth time, make a goal right now!

Meet Your Counselor!

You can meet your counselor for academic, personal, or social concerns. Stop by Guidance to make an appointment.

Mrs. Teal

Last names A-K

"My favorite part of high school was my electives! I really enjoyed the classes that allowed me to be creative. I wouldn't have survived without creative writing, drafting, and crafts class."

Ms. Garcia

Last names L-Z

"My high school was brand new and built in the boonies, so as a Cross Country runner my teammates and I enjoyed exploring all the dirt roads around the school."

Mr. Stalbaum

Scholarships & Testing

"My favorite part about high school was my World History class because my teacher, Mr. Flannery, was a great teacher and made the class interesting."

