

COUNSELING CONNECTION

Monthly Newsletter from the JCA Counselors



Tips for Nurturing Gratitude in Teens:

- **Don't give up.** You may need to modify family gratitude traditions or let your teen shape them, but don't abandon them completely. They are likely more important to your teen than you know.
- **Gratitude is a practice, not a script.** Avoid "correcting" your teen if he or she expresses gratitude about something that doesn't meet your expectations. It is okay if your teen goes in and out of taking gratitude seriously around you.
- **Modeling still matters.** While they may never tell you this, your actions still matter. A lot. Practice gratitude.
- **Change what you are looking for.** Your teen may no longer want to hold your hand and say "I'm grateful for..." but look for other ways that they are acting grateful through their actions towards others, their language, and if they are getting involved in community or school issues.
- **Give credit to others.** Teens are vulnerable to the "self-serving bias" which means that when something good happens they think it is because of them and when something bad happens they blame the circumstances or someone else. Encourage them to think of how others have helped them succeed and to take responsibility for their own actions.
- **Expand the conversation.** Talk to your teen things like rights versus privileges and equity versus justice. Gratitude calls on us to be more aware of our relationships with others.

We encourage you to watch this [video](#) for more information!

COLLEGE CORNER

NOVEMBER IS
NATIONAL
SCHOLARSHIP
MONTH

Other resources students can use to find scholarships are [Going Merry](#) and [FastWeb](#)

The JCA Counseling Department keeps a list of scholarships available for students to apply for in [Naviance](#). The spring months are when most scholarships will start to open up. We encourage students and parents to continue checking this list throughout senior year.

CAREER EXPLORATION RESOURCES

[Naviance](#): Students and parents can explore careers and career clusters & pathways by clicking on the "Careers" tab at the top

[Career Research Sites and Worksheet](#): Students and parents can also use this link to access a list of websites to explore careers and a worksheet to keep notes

Please reach out to Jackie Pullara with any questions