

Mentor Meeting
3/3/2023

Updates

- Programing
- Photo shoot - at Pole Creek Ranch – 3/17 or 3/16 for anyone who cannot do Friday
- Spring Break
- Finals week for the HS 3/15/2023
- Photo shoot
- Supplemental Mentor Meeting, Wednesday, 3/15 @ 6 pm
 - Becoming a better Mentor Book Discussion, Chapter 5, understanding effective on-line communication
- Mentor Coffee 3/31 at 10 am meet at Fika

Social Emotional Health

Social emotional health is **the ability to understand and manage our emotions and to form social connections and relationships with the world around us**. Strong social emotional health enables an individual to integrate their thoughts, emotions, and behaviors in a way that supports greater health and well-being in life.

- Emotional Intelligence test
- Social & Emotional Learning Video
- Social & Emotional Learning Activities

Next Mentor Meeting: Thursday 4/6/23 at 5pm or Friday 4/7/23 at 10 am