Tips and Tricks

Help Available Around the School

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**Do you feel alone with your issues...?**

**Do you feel like you have no one to talk to?**

**Well, you don’t have to! Here at Rockvale High we provide help with both education and personal issues. The school can be more useful than you can imagine. There is a lot of people that you can benefit from this year. Counselors, teachers, school staff, and even students!**

**You might struggle with a subject, or don't understand the topic. Lots of people can help. Either a staff in the school that knows about the subject, and/or a student peer. It is okay, and there is no shame in it! Everyone struggles with something at some point. Don’t be afraid to ask for help.**

**Tip #1 School Counselors**

**The school counselors are one way that the school can help you.They’re able to listen to you rant if you need to and can help with any educational issues. They are here to give advice or even just to listen. They make sure you're on track and make sure you are all right.**

**Tip #2 Teachers**

**Being comfortable with a teacher is important with your high school experience. Knowing that someone you know is available during school hours is reassuring. I know that all teachers are here to help you with your education, but there are few that are here to listen when you need it.**

**Tip #3 Students**

**Your friends and peers in the classroom can be beneficial, ask them for help, or to study. Some might even be struggling with the same thing, so you guys can help each other understand the material. You can feel comfortable and have an enjoyable time, but still able to get help.**

