

PHARR-SAN JUAN-ALAMO ISD
2021-2022 High School Guidance Lessons



PHARR-SAN JUAN-ALAMO ISD
Office of Counseling & Guidance Dept.

Month	Activity	Lead	Date Completed
August			
	August 23, 2021 No Guidance Lesson - First Week of School		
September			
Week 1	Sept. 3, 2021 Transitioning Back to School After the COVID-19 Pandemic		
Week 2	Sept. 10, 2021 Student Expectations / Self-Management		
Week 3	Sept. 17, 2021 Social Media / Responsible Decision Making		
Week 4	Sept. 23, 2021 Testing / Study Skills <i>(Present Thursday)</i>		
October			
Week 5	Oct. 1, 2021 Emotional Awareness & Coping Skills		
Week 6	Oct. 8, 2021 Understanding Your Report Card & Credits		
Week 7	Oct. 15, 2021 Anti-bullying		
Week 8	Oct. 22, 2021 Empathy		
Week 9	Oct. 29, 2021 PSJA 2 STC & South Texas College Programs		
November			
Week 10	Nov. 4, 2021 Domestic Violence <i>(Present Thursday)</i>		
Week 11	Nov. 12, 2021 Which College is Right For Me?		
Week 12	Nov. 19, 2021 Anxiety & Depression - Self Awareness Skills		
	Nov. 26, 2021 No Guidance Lesson - Thanksgiving Break		
December			
Week 13	Dec. 3, 2021 Building Healthy Relationships		
	Dec. 10, 2021 No Guidance Lesson - State Testing		
Week 14	Dec. 17, 2021 Suicide Prevention		
	Dec. 20, 2021 – Dec. 31, 2021 No Guidance Lesson - Christmas Holidays		

January			
Week 15	Jan. 7, 2022	Growth Mindset vs Fixed Mindset	
Week 16	Jan. 14, 2022	Self Efficacy	
Week 17	Jan. 21, 2022	PSJA Academies	
Week 18	Jan. 27, 2022	Anger Management <i>(Present Thursday)</i>	
February			
Week 19	Feb. 4, 2022	Self-Care	
Week 20	Feb. 11, 2022	School Violence	
Week 21	Feb. 18, 2022	College Connected	
Week 22	Feb. 24, 2022	Goal Setting <i>(Present Thursday)</i>	
March			
Week 23	Mar. 4, 2022	Positive Self Image	
Week 24	Mar. 11, 2022	Distracted Driving	
	Mar. 14-18, 2022	No Guidance Lesson - Spring Break	
Week 25	Mar. 24, 2022	Mindfulness <i>(Present Thursday)</i>	
April			
Week 26	April 1, 2022	Teen Pregnancy	
	April 8, 2022	No Guidance Lesson - STAAR Testing	
	April 15, 2022	No Guidance Lesson – Easter Holiday	
Week 27	April 21, 2022	College 101 <i>(Present Thursday)</i>	
Week 28	April 29, 2022	Social Etiquette	
May			
	May 6, 2022	No Guidance Lesson-STAAR TESTING	
	May 13, 2022	No Guidance Lesson-STAAR TESTING	
	May 20, 2022	No Guidance Lesson-STAAR TESTING	
Week 29	May 27, 2022	Summer Counseling Resources	
June			
	June 3, 2022	No Guidance Lesson- Last Week of School	