



SEPTEMBER 2023

COUNSELING NEWS

BRIGHTON HIGH COUNSELING

A FOCUS ON HAPPINESS

Research indicates that we have more control over our own happiness than previously thought. Studies show that the following factors make up a person’s overall happiness:

- **50% Genetics**
- **10% Circumstances**
- **40% Intentional Activities**

Adding intentional activities to your life can have a large impact. This year the Counseling Center will be focusing on sharing and teaching intentional activities that can add happiness to students’ lives.

This month’s suggestion is to start keeping a gratitude journal. It can be daily or weekly. Write it in a notebook, use an app on your phone, or talk about it as a family. Make it a habit. It will boost your happiness.

Lyubomirsky, Sonja: The How of Happiness

Counselors will be conducting Senior CCR Meetings during September and October. Postcard invitations will be mailed home.

Freshmen classroom lessons will take place in Geography classes during the month of October.

Parents must sign up for a time to attend their 9th grade students’ College and Career Readiness Meetings through Skyward Conference Scheduler. More information coming soon.

Utah College Application Week will be October 30 - November 2. All seniors are invited to work on college applications during APP period.

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Amber Terry

Jenna Miller

Amy Mena

Megan Lyman

Shelby Hughes

Paul Winkelman

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