

Graduating in a Pandemic

Congratulation's Graduates of 2021



Psychoeducation

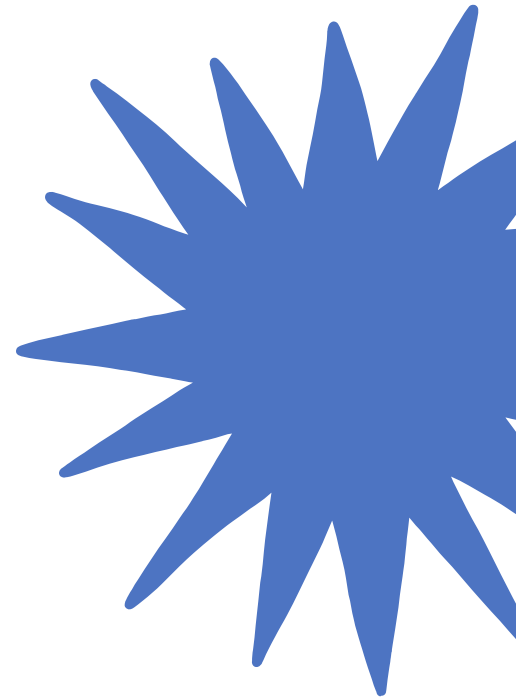
- Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability.

Grief & Loss

- Common grief reactions include:
 - Shock, disbelief, or denial
 - Anxiety
 - Distress
 - Anger
 - Periods of sadness
 - Loss of sleep and loss of appetite
- It is important to seek mental health support when needed

It is okay to not feel okay...

- This year has been hard
- A lot has changed
- Things were taken from us



We know how it feels

- We are students
- We are graduating during a pandemic
- Change your perspective



What to be proud of

- You have made it to this point, despite the past year being challenging
- Your ability to adapt to new methods and routines
- You are resilient, this year has been difficult!
- You are graduating from High School!

How can you cope?

- Talk to People Who Understand
- Stay on Top of Your Responsibilities
- Talk to a mental health professional
- Do activities that bring you joy
 - Journal your thought and feelings
 - Take deep breaths
 - Get outside (Run, Swim, Walk, Be active)
 - Do you favorite hobbies



Plans after graduation I

- Have an amazing, safe, summer break
- Celebrate your victories
- Prepare for university/college
- Speak with your advisors and mentors
- Seek help when you need it
- Take care of yourself

Plans after graduation II

- Resume help
 - Live Career (Resume Builder)
 - Indeed (Resume Builder)
 - Resume Examples
- Job seeking
 - Indeed
- Connection to school counselor
 - Speak with your school counselor about applying to a college or university
- Applying for universities/ community college students
 - Big Future (College Search)

Remember to...



**Serve with a
Caring Heart**



**Talk with Someone
you Trust**



**Spend Time with
your Family**

Questions?

How to contact us

Parent Involvement and Community Outreach
951-416-1572 | Visit our website [here](#).



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**Congratulations,
Class of 2021!**

