

NEWS LETTER

PRIDE IGNITE COLLEGE AND CAREER AND PROTEEN

GOALS & ACCOMPLISHMENTS

- Learned the difference between Short Term, Medium Term, and Long Term goals.
- Established 10 goals to work on daily
- Fed 35 families at the Food Pantry.
- Prepared goodie bags for Dr. Martin Luther King Jr. Day, Valentine's Day, and St. Patrick's Day.

DAILY JOURNALS

- Every teen is provided a journal to write in daily.
Benefits to Daily Journaling:
- **Improved Emotional Regulation** - provides a safe space to express feelings, helping teenagers process emotions like stress, anxiety, and anger.
- **Stress Relief** - Helps release pent-up emotions, reducing stress and improving mental clarity.
- **Boosted Self-Esteem**- encourages self-reflection, helping teens recognize their strengths, achievements, and growth.
- **Enhanced Problem-Solving Skills** - Writing about challenges fosters critical thinking and helps teenagers explore solutions.
- **Improved Communication Skills** - Encourages clear and honest expression of thoughts and feelings.
- **Mental Health Benefits**- Acts as a therapeutic outlet, helping reduce symptoms of anxiety and depression.
- **Better Memory & Organization** - Writing down thoughts and ideas improves memory retention.
- **Encourages Creativity** - Provides a space for creative self-expression through storytelling, drawing, or brainstorming ideas.
- **Supports Personal Growth** - Helps teens track their journey, enabling them to learn from the past experiences.
- **Develops Growth** - Gratitude journaling helps teens focus on the positive aspects of life promoting a happier outlook.

