

# THE PREUSS SCHOOL UC SAN DIEGO



Happy Monday, Scholars!  
Remember the Preuss  
Way is Kindness,  
Respect, and Excellence.  
Have a great day!

## Quote of the Day:

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end."

— Michelle Obama

## SAT Word:

adulation(n): exaggerated flattery or praise

## Important Reminders!



- **Personal athletic equipment are no longer allowed on campus.**
  - **First offense: Items will be taken away and not returned until the end of the school day.**
  - **Second offense: Items will be taken and not returned.**
- **Dress Code:**
  - **Collared shirts only**
  - **No jeans or sweats may be worn**
  - **Airpods and headphones should be put away and removed before entering campus until after school. They may not be worn on campus during the school day.**
- **Please remember to pick up your trash before leaving the lunch tables after eating.**



# Course Schedule Change Requests!



Please submit all course schedule change requests through the form linked below:

[SCHEDULE CHANGE FORM HERE](#)

PLEASE SUBMIT THIS FORM AND WAIT FOR A REPOSE BEFORE COMING TO THE COUNSELORS' OFFICE TO DISCUSS SCHEDULE CHANGES.

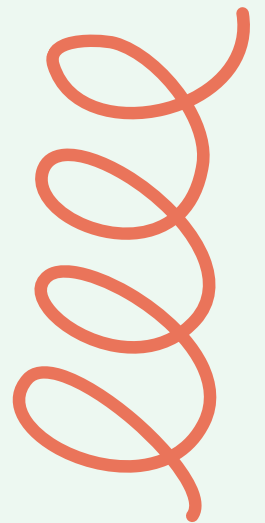


**PREUSS MENTORSHIP PROGRAM**

A MENTOR CAN HELP WITH: 🔍

- Encouraging and motivating you to make progress towards your academic, career, and personal goals
- Providing guidance during the college exploration and application process
- Exploring different career paths
- Understanding and developing your strengths

Questions? Email [preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu)  
[Click here for the Mentee Application!](#)



**Weekly  
Affirmations  
from TSU-NAMI ~**



Hope you're having a great week! Below is a quote that reminds you if you're ever anxious or in moments of stress make sure to take some deep breaths to calm your body and mind.

"Deep breathing is our nervous system's love language."  
- Dr. Lauren Fogel Mersy