

Coffee with the Counselors




6TH GRADE: RACHEL KILIAN

7TH GRADE: CHRIS PERRAS

8TH GRADE: CHARLENE DOANE



Roles and Responsibilities

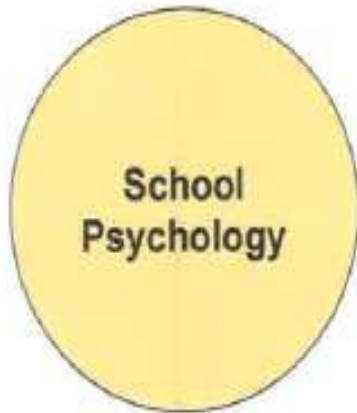
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- Supports ALL students in the grade/building
 - Case Manager for 504 Plans
 - Attend PPT's
 - Attend Team Meetings and Grade Level meetings
 - Provide individual and group counseling to promote social development, reduce anxiety and support students academic success
 - Collaborate with local services and resources to support students and families
 - Create and teach Comprehensive Developmental School Counselor Lessons
 - Provide scheduling support
 - Provide consultation support to teachers
 - Enroll new students and provide transition and orientation support
 - Support and implement School Climate initiatives
 - Facilitate High School Transition
 - Student and family advocate

What is a School Counselor?



- Earned master degrees in School Counseling and hold School Counseling certification in CT
- Subscribe to the American School Counselor Association (ASCA) as well as the Connecticut School Counseling Association (CSCA) for state and national programming and ethical standards
- Focus on 3 main areas for student development and success
 - Academic
 - Personal/Social
 - Career

Layers of support at Polson



**School
Psychology**

Key Roles:

- Assessment (intelligence, achievement, social-emotional, adaptive, cognitive processing)
- Identifying special education needs
- Developing support strategies
- Ongoing counseling to support IEP goals



**School
Counseling**

Key Roles:

- Student advocacy
- Program delivery that supports students' academic, social emotional, & career development
- Orientation and transitions from school to school, and school to career
- Short-term counseling; group counseling



**School
Social Work**

Key Roles:

- Home – School – Community liaison
- Home visits and truancy intervention
- Social emotional & behavioral assessment
- Ongoing counseling to support IEP goals

Scheduled Lessons



COMPREHENSIVE DEVELOPMENTAL SCHOOL COUNSELING LESSONS

**6th
Grade**

- 1. Goal setting and Student Success Plans**
- 2. Career Exploration**
- 3. Mindfulness/stress management**
- 4. Flirting vs. Hurting**

**7th
Grade**

- 1. Goal setting and Student Success Plans**
- 2. Sexual Harassment**
- 3. Anxiety/stress management**
- 4. Learning styles and study skills**

**8th
Grade**

- 1. Career exploration/Student Success Plans**
- 2. Sexual Harassment**
- 3. Transition to 9th grade & alternate high school options**

School Climate and Culture



- Start with Hello Week through Sandy Hook Promise
- 7th grade Field Trip to Camp Hazen
- Vaping presentation by Yale School of Medicine
- World Kindness Day and Random Acts of Kindness Week
- P.R.I.D.E. and lunch groups
- School-wide visuals and bulletin boards
- Visibility in classrooms, hallways, cafeteria and grade-level field trips

Normalizing middle school experiences



- Stress is normal and can be a good motivator
- All students want to feel “normal” and not “different” in any way
- Anticipation anxiety is common with this age group.
- Worry becomes a problem when daily routines and patterns (eating, sleeping etc.) or enjoyment in beloved activities starts to decline.
 - If there are concerns speak with your pediatrician and contact your child’s school counselor.
- Organization, consistency and balancing independence with support can help as can providing down time to relax and enjoy preferred activities

INSIDE THE TEENAGE BRAIN

Adolescents are prone to high-risk behaviour

Prefrontal Cortex

Its functions include planning and reasoning; grows till 25 years

Adults Fully developed

Teens Immature, prone to high-risk behaviour

Amygdala

Emotional core for passion, impulse, fear, aggression.

Adults Rely less on this, use prefrontal cortex more

Teens More impulsive



Parietal Lobe

Responsible for touch, sight, language; grows till early 20s

Adults Fully developed

Teens Do not process information effectively

Ventral Striatum

Reward centre, not fully developed in teens

Adults Fully developed

Teens Are more excited by reward than consequence

Hippocampus

Hub of memory and learning; grows in teens

Adults Fully functional; loses neurons with age

Teens Tremendous learning curve

How to support your middle school student



- **Encourage consistent use of planner and help set-up and maintain organization system**
 - Weekly binder/backpack clean-outs
 - Home calendar that includes school and non-school events
 - Designated homework/study area
- **Google classroom**
 - Teachers upload all of their resources, copies of class notes etc.
- **Contact teachers/meet with team**
- **Involvement in academic intramurals and/or athletics**
 - Great programs through Madison Arts Barn, Madison Beach and Rec. as well
- **Volunteer/community service opportunities**

Questions/Concerns



- Guidance office
 - 203-245-6487
- Main office
 - 203-245-6480
- Rachel Kilian- 6th
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