

Counselor's Corner

Welcome to the Counselor's Corner! It is our hope that through quarterly updates your family will have more insight into how their school counselor is working with your child.

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7th Grade

This fall, we have focused on our 7th graders as they transition into middle school.

In September, the counselors were welcomed into science classrooms. We discussed the difference between a goal and a wish with an emphasis on goal setting, as the students developed their 7th grade Personal Learning Plans (PLP). The students were also introduced to Naviance, Family Connections, which is a web based program that is used from 7-12 grade. Naviance allows students to complete personal interest inventories, collect data on themselves, and complete future searches on colleges and careers.

As a means to get to know each student, school counselors met with Connection rooms in small groups. This activity aided students to learning more about each other and their counselor and increasing connectedness.

8th Grade

In October, the school counselors will be meeting with all 8th graders in Wellness classes to further teach Mindfulness techniques that aid in stressing "less".

Communicating with your Middle Schooler:

- **Do Things Together.** Share activities with your student that promote conversation, such as playing games, taking walks, riding bikes, or watching quality TV together. Simply being together!
- **Choose the Best Time to Talk.** It's best to talk when everyone is well-rested and without pressing tasks to get done. Make time each day to talk with your student.
- **Bring the Family Together.** Starting early will establish the meeting as a tradition. Plan meetings to discuss and write down family rules and the consequences of disobeying them. Hold meetings to discuss good things, too. Meetings can be held to celebrate a school or family success or to decide how to reinforce and increase progress.
- **Become an Active Listener.** Good communicators practice the art of active listening. The behavior of active listeners tells those speaking that they're being paid attention to. When you actively listen to your teen, you help them feel valued. This makes them more willing to communicate with you.