

## School Counseling: Career or Lifestyle?

As I prepared for a new school year, I reflected on the past 11 years and how I have evolved within the profession; the lives I have impacted and the challenges that have shaped me. Serving as a school counselor in today's world of education requires one to juggle multiple roles that are often demanding, yet rewarding. Though I consistently plan each day, I have to maintain flexibility for that which I don't plan for. From the student who can't focus in class because their parents were fighting throughout the night; the parent that just got evicted from their residence and needs help finding a place to stay with the assurance that their child can remain at the same school; the co-worker who is too frazzled to teach because they just lost a loved one or the student who is distraught due to a parent being incarcerated or deported. Though each scenario may be overwhelming in the moment, it's witnessing the person in need overcome the challenge that once seemed insurmountable that makes it worth it. School Counselors are an intricate part to student and school success! We fulfill roles in leadership, as advocates and are key stakeholders in collaboration. We enable our students to reach beyond their grasp and maximize their success.

When I first choose this career field, my motivation was my love for working with youth and to pay forward all the seeds of time, inspiration and support that was sown into my life throughout my matriculation from elementary school to college. Encouraging, empowering and serving others has been a part of my DNA since my younger years. It brings me joy to see others succeed and to be a part of the team that coaches them along the way. So when I ponder whether school counseling is my career, I disagree! Empowerment and serving others is my lifestyle, and school counseling is just the current road I must travel to get my NEXT. What I can guarantee is that while on this journey, I will do my best to leave a lasting impression on those I encounter, and hope to sew a seed of hope, encouragement, or empowerment to "Reach beyond Their Grasp", and contribute to a greater good. So as I continue to help my students navigate their academic challenges; weather their socio/emotional highs and lows and explore their career interests, I will be sure to teach them to strive for a career that will help them change lives, and make a difference. With that as their goal, they are sure to land in the right place. Here's to the New Year!



## From the 7th Grade Counselor's Corner Empowering the Class of 2022!

September 2016

OUR THEME, OUR FOCUS... "REFLECT & KEEP MOVING!"

We kicked off the new school year with our annual grade level assembly on the morning of September 12<sup>th</sup>, 2016. Ms. Mayo spoke to the students about grade level expectations (academics and discipline), procedures and changes being implemented this year. Mrs. Dunton-Forbes encouraged the students with these words, "REFLECT on the previous school year, and discern between which experiences hindered, and which ones empowered. That which hindered, don't repeat; and that which empowered, plant it into this school year so it can be replicated and move you closer to achieving your academic, career and socio/emotional goals!" The theme for the 2016-17 year on the 7<sup>th</sup> grade hall is "Reflect & Keep Moving" in effort to remind the students that success requires ACTION!

This year will be different in that the expectation has increased; therefore, their effort and parental support must do the same. Your child's success in middle school is directly impacted by whether or not "WE", the stake holders (once known as "the village") will work together with them to ensure that they have every opportunity to achieve their goals.

Ms. Mayo



Mrs. Dunton-Forbes



**Things to  
Remember...**

OUR GRADE LEVEL T-SHIRT IS AVAILABLE FOR ORDER!!

September 21<sup>st</sup> & 28<sup>th</sup> in the Parent Resource Room  
CASH ONLY & All sales are final!

7thGRADE  
**SOUTHWEST MIDDLE SCHOOL**  
GRADE LEVEL ACTIVITY T-SHIRT FORM

NAME: \_\_\_\_\_

HOMEROOM: \_\_\_\_\_

(ADULT) SIZE \_\_\_\_\_ CONTACT# \_\_\_\_\_

The Southwest Middle School activity shirt will be used to easily identify students during off campus outings, field trips, and grade level activities.

AMOUNT \_\_\_\_\_ DONATION \_\_\_\_\_

**Important**

- Parent/teacher conferences are scheduled through the grade level counselor. Our conference days are Tuesdays/Thursday at 1:05pm or 1:35pm. You can request a conference by emailing Mrs. Dunton-Forbes at [tuere.dunton@cms.k12.nc.us](mailto:tuere.dunton@cms.k12.nc.us) or by calling her at 980-343-5006.
- It is imperative that your child is in school every day; however, we understand that circumstances will occur that may cause your child to miss a day or two of school. Nonetheless, we need you to communicate the reason for their absence to our attendance secretary, Ms. Reynolds. Please call her 980-343-5006, email her at [pamela.reynolds@cms.k12.nc.us](mailto:pamela.reynolds@cms.k12.nc.us) or send a note in with your child. Parent written notes will NOT be accepted for absences that are older than 2 weeks.
- October is Substance Abuse Awareness Month, and October 24<sup>th</sup>-31<sup>st</sup> is Red Ribbon Week. Red Ribbon Week is a national drug prevention and advocacy campaign that focuses on nurturing the full potential of healthy, drug free youth. Please visit [www.redribbon.org](http://www.redribbon.org) for more details on how you can talk to your child about drug prevention, and visit our counseling dept.'s webpage <http://swmscounselingdepartment.weebly.com/> for more details about how we will promote Red Ribbon Week at SWMS.
- Parent/Teacher Conferences will be held throughout the day (7am-5pm) on October 31<sup>st</sup>. Details on how to schedule a conference with your child's team on that day are forthcoming.

As a certified and licensed counselor educator, it is my role to facilitate direct and indirect services to my students. Direct services are in-person interactions between me and our 7<sup>th</sup> grade students and include the following:

- **School Counseling Core Curriculum** – This curriculum consists of structured lessons designed to help students attain the

## A Snapshot of the Services I Provide...

- The focus for this year's classroom guidance lessons will include:
  - ✓ Mindset
  - ✓ Learning Styles & Multiple Intelligences
  - ✓ Peer Pressure
  - ✓ Career Interests and Exploration
  - ✓ Goal Setting
- Students will also have an opportunity to participate in the Patriots Leading Job Shadowing
  - ✓ The tentative date is February 2<sup>nd</sup>, 2016
  - ✓ More details are forthcoming.
- **Individual Student Planning** – I will coordinate ongoing systemic activities designed to assist our 7<sup>th</sup> grade students in establishing personal goals and developing future plans.
  - I meet with students who want to improve their academic performance.
    - ✓ We assess their academic performance;
    - ✓ Identify areas that need to be addressed, and helping students overcome barriers to learning;
    - ✓ Discuss S.M.A.R.T. goal development;
    - ✓ Formulate a plan, and outline a process for execution
    - ✓ Scheduling and facilitating parent/teacher conferences
  - I meet with students to guide them in their exploration of their career interests.
  - I meet with students to assist them with navigating the highs and lows of socio/emotional development.
    - ✓ Developing confidential rapport with student; and
    - ✓ Helping students overcome barriers in adjusting to their environment.
- **Responsive Services** – Responsive services are activities designed to meet our students' in

Responsive services may include counseling in individual or small-group settings or crisis res

### Indirect Services for Students

Indirect services are provided on behalf of students as a result of the school counselors' interactions with others including **referrals** for additional assistance, **consultation and collaboration** with parents, teachers, other educators and community organizations. Examples of this type of service may include, but is certainly not limited to:

- Serving as a resource to students of available community opportunities;
- Serving as a resource for school staff and parents;
- Serving as a resource for community referrals;
- Providing parent and community outreach; and
- Providing- parents with

November 14<sup>th</sup> -18<sup>th</sup> is National Career Week, and

November 16<sup>th</sup> is National Career Day! We need you and your neighbor too! If you are interested in being a speaker for Career day, please contact your child's grade level counselor!



# From the 7th Grade Counselor's Corner Empowering the Class of 2022!

13624 Steel Creek Road  
Charlotte, NC 28273  
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Dear 7<sup>th</sup> Grade Parents,

I hope you found this newsletter to be informative. It is my plan to communicate with you via this means once a quarter. Please expect my next newsletter towards the end of November. Your student's success is my priority here at SWMS; however, that can't happen without your support, and communication is key. Please don't hesitate to contact me with any questions or concerns, and visit the school's website (<http://schools.cms.k12.nc.us/southwestMS/Pages/Default.aspx>) and the counseling dept.'s weebly site (<http://swmscounselingdepartment.weebly.com/>) to stay up-to-date on various important information regarding your child's education here.

## SAVE THE DATE

# COMING UP

### Additional Key Dates:

1<sup>st</sup> Qtr Progress Reports: **Sept. 27-28<sup>th</sup>**

1<sup>st</sup> Qtr Report Cards Go Home:  
**Nov. 11<sup>th</sup>, 2016**

2<sup>nd</sup> Qtr Progress Reports: **Dec. 5<sup>th</sup>-6<sup>th</sup>**

2<sup>nd</sup> Qtr Report Cards Go Home:  
**Feb. 3<sup>rd</sup>, 2017**

### Southwest Middle School

13624 Steele Creek Rd.  
Charlotte, NC 28273