School Counselor Newsletter

The primary role of a school counselor is to support student success. We do this through school counseling curriculum (like Advisory lessons), individual student planning (as in enrolling for classes), responsive services (like peer mediation), and system support (as in responding to parent concerns). We support students and families in three domains: academic development, career development, and person/social development. Below is what has been going on recently at Lange Middle School.

Academic Development

All students have been working on AVID strategies to help them be academically successful.

Organization is an AVID strategy that we encourage ALL students to utilize. This means using their planners to keep track of assignments, upcoming assessments, and weekly grades. During first semester teachers have been inputting grades on page 15 of student agendas every Thursday. As we move to second semester, the teachers will be writing grades on page 16. This is a great way for students and families alike to stay up-to-date on academics.

Another organizational tool that students have is the binder. Hopefully students had a chance to clean out their binders in between semesters and are ready to fill this semester’s binder with new course material. If the binder has not been cleaned out yet, it is not too late to clean it out! 😊

In January, we worked with 8th graders on creating an ICAP (Individual Career & Academic Plan) that covers the next four years of school. As we write this newsletter, students are revising their ICAPS, saving them, and submitting them to us in Schoology. As long as the students save and submit in Schoology, this document will follow them throughout their high school careers. It is important to note that the ICAP is a work in progress and not set in stone. Each year of high school, students will revisit and revise their plans so they best match their current interests and career paths. We start in 8th grade because we want our students to be open for all the unique and exciting opportunities that await them in high school and at the Columbia Area Career Center. There are sequences of classes that start in 9th grade and we do not want any of our students to miss out! 😊

On January 17th the Battle High School Counselors came to visit our 8th grade Social Studies Classes to talk about enrollment and to help students go through the process. Every 8th grader present received a CPS High School Registration Guide and a green enrollment form. Please take time to go over course selection and ICAPs with your student. We have also encouraged the students to speak with their current teachers and family to help in the decision process. Counselors are available to answer questions and to help as well. 8th grade enrollment forms are due January 25th.

The first week of February we will be visiting our 6th and 7th grade classrooms to walk the students through the enrollment process. Students will work with a practice enrollment form and then bring a colored form home to share and make official with parent/guardian signatures. These enrollment forms are due back on February 22nd.

Upcoming Dates

- 1/25 8th Grade ICAPS due
- 1/25 8th Grade Enrollment due
- 1/28 BCSMHC Checklist in Advisory
- 1/28-29 CARE Program presents to 8th Grade
- 2/1 Summer School Enrollment Opens
- 2/5-8 6th & 7th Grade Enrollment
- 2/22 6th & 7th Enrollment Forms Due

It’s not luck. It’s hard work!
Although it seems a long way off, planning for Summer School is already in the works. Columbia SUNsation will take place June 3-27, 2019. Summer School is a great way to keep your student actively engaged in academics! Enrollment will begin in February with an enrollment deadline of Friday, April 12, 2019.

**Career Development**

Is your student interested in working this summer? The CARE Summer Program is for 14-20-year-olds who live within Columbia City limits and/or attend a Columbia School. Traditional program applications are available through February 28. Applicants are strongly encouraged to apply online as early as possible. Representatives from the CARE program will be at Lange Middle School January 28th and 29th to speak and work with our 8th graders.

Advisory is the first 18 minutes of our school day at Lange. Each Advisory class consists of 6th, 7th, and 8th graders who constitute that Advisory Family. Students stay together throughout their length of time at Lange and keep the same teacher all 3 years. Our counseling lessons are taught in Advisory and they cover Academic Development, Career Development, and Personal/Emotional Development. While we only meet for a short time, the lessons are important and are developed with the whole student in mind. While there is no academic, conduct, or effort grade for this class, attendance is taken and it is an important aspect of our school. In February the lessons will be on career exploration and essential skills to get a job. This is important information for every student.

**Personal/Emotional Development**

The middle school years are years that involve so much growth and development! Student go through puberty, which is the biological changing which occurs during the teen years. Parents and guardians often notice the change in voice in male students and the change in height and weight in both genders. It is also a time for intellectual, emotional, and social development. We notice how our students can hold more intellectual conversations, but we also notice that students tend to push the adults in their lives away and want to spend all their time with their friends and/or significant others. This is all a normal part of growing up. In one moment, the student may seem mature and able to handle anything thrown at him/her and five minutes later the same student may be crying because he/she is overwhelmed. This is all a part of adolescent development; truly a real rollercoaster for those of us on the sidelines. If you are new to parenting an adolescent, it can feel like something is wrong or maybe someone stole your child and replaced him/her with someone else. It is a rough, and often tumultuous time, but rest assured, students do grow out of it. It really is a stage of development that we all go through. As a parent/guardian, your job is to be that calming, consistent support system in your student’s life. He/she might not understand or appreciate you in the moment but will greatly benefit from your peace during this stormy stage of life. We thank you!

**A Note from our Registrar**

If you have any changes to your contact information (address, phone number, emergency contact, etc…), please contact Mrs. Tranikia Thompson (573-214-3253) so she can update our school information system.

We, at Lange, enjoy working with students and families. If there is anything we can do for you, please do not hesitate to call (573-214-3250). Follow us on Twitter: @LangeCounselor.