School Counselor Newsletter

To create more positive results in your life, replace ‘if only’ with ‘next time.’

-Unknown

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. Students and families should take time over winter break to clean out backpacks, sling bags, and binders. Second semester is coming and starting out organized will be helpful.

An additional tool that some students use is tutoring. Many of our teachers make themselves available before school, during lunch, and after school so that students can get more individualized help. There are also some community supports available for our students. One such support is Grade A Plus Incorporated. It is a FREE tutoring program that offers transportation, food, and tutoring from MU students. Follow this link to sign up your student: https://www.gradeaplusinc.com/tutoring.

All the teachers at Lange use AVID strategies in their classrooms, however AVID is also an elective course option for our rising 7th, 8th, and 9th grade students. AVID application forms will be available in February/March. AVID is an elementary through postsecondary college readiness system designed to increase school-wide learning and performance for students. AVID targets students in the academic middle, who have the desire to go to college and the willingness to work hard. These are students capable of completing rigorous curriculum, but who are falling short of their potential.

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.

“You miss 100% of the shots you never take.”

-Wayne Gretzky
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.

January is traditionally the time when we start enrolling students for the upcoming school year. This enrollment process helps students ease the grade to grade transition, but it also strikes up conversations about career interests and post-secondary planning. Middle school is the time when students begin taking elective classes and have a little bit of choice in their education. The elective classes offered at middle school are one way that our students explore career options. While some elective classes are more popular than others, each class gives the student a taste of career planning. By exploring these classes, students begin to narrow down their interests.

By the time students are in 8th grade, they have explored several classes and are pretty good at telling us what they like and what they don’t like. They are developing their interests! When we toured Battle High School in November, students could see specific classes which belong to different career paths. All students (6-8th grade) can continue that exploration by attending the Columbia Area Career Center Open House on Thursday, January 10th from 6-8 p.m. at the Columbia Area Career Center, 4203 S Providence Road, Columbia, MO 65203. To find out more information, please visit www.career-center.org.

On January 17th, the Battle High School counselors will spend the day speaking to our 8th graders about high school and enrollment options for 9th grade. All 8th graders will enroll for 2019-20 classes on that day. On January 22nd from 5:30-7:00 p.m. Battle High School will host their Enrollment Fair for uprising 9-12 grades. This is a great chance for 8th graders to meet teachers, discuss different academic programs, and get another chance to learn the building. Please mark your calendars and plan to attend!

In February, Mrs. Woods-Galbreath, Mrs. Hughes, and Mrs. Zepp will be presenting Lange enrollment information to our current 6th and 7th graders. We will be sending your student home as the “expert” of his/her enrollment. This is always an exciting time!

Personal/Emotional Development

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 December and January the lessons have focused on Personal/Emotional Development.

In December we covered: Healthy Choices, Coping with Change, and the Character Trait of Caring. In January the lessons will cover: Study Skills, Healthy Relationships, Personal Responsibility, and Self-Image. These are important lessons that prepare the students to face challenges with a positive mindset.

Have you asked your student about Advisory lately?

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.

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