School Counselor Newsletter

The primary role of a school counselor is to support student success. We do this through classroom counseling lessons (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.

Summer is a GREAT time to relax and recharge. Students and staff alike enjoy the freedom summer offers, BUT it is also a great time to keep up on academic, career, and personal/social development in a different way. Here are some tips that you can start this summer and continue into the school year.

**Academic Development**

- Take a break from technology! When you actually take a break, you find out how much time you really spend being techie. Decide to cut down your tech time so that you are a more balanced person.
  - Go outside. Play with friends, ride a bike, walk, go swimming, or create your own adventure!
  - Get your crafty on. There are numerous craft projects you could start…and finish!
  - Read. Take this chance to find something you really want to read. Read a magazine. Read instructions in another language and try to figure them out. Take a trip to the library. Plan to read a book before watching the movie. Check out an audio book. Read to others. Start or join a book club. Reading is so good for building vocabulary and vocabulary helps with school work…in all subjects. It does not matter your current level, just pick up something to read!
  - Write. Write letters to your friends or family and send them the old fashioned way. It is exciting to get a hand-written letter! Journal. Write about your day, what you are doing, what you want to do and what you dream of doing!
- During limited screen time, keep up your academics by playing games that support your academics.
- Watch a documentary and reflect on what you learned.

**Career Development**

- What do you want to be when you grow up? Do you know? At this age, most students do not know for sure so it is a great time to explore your interests. Take this time to explore areas of interest. Many places of employment are happy to set up a time to meet and explain more about the company/career they represent. You could work with your family to set up a mini-field trip.
- Pay attention to the careers that interest you. Can you do a little research this summer to see what skills are needed for your careers of interest? Summer is a good time to interview people and find out what they really do.
- Have you volunteered before? Or job shadowed? There are plenty of opportunities for this! Why not set something up?

**Personal/Social Development**

- Take time this summer to hang out with family and friends…without distractions.
- Do you have a deck of cards or a board game you haven’t played in a while? Playing games practices social skills we don’t even think about like listening and taking turns…all while having fun!
- When was the last time you turned all technology off and just hung out? Why not give it a try? 😊

“Education is our passport to the future. For tomorrow belongs to the people who prepare for it today.” - Malcolm X