



UMS Counseling/Guidance News

Volume 5, Issue 1

August 2020

Welcome to the 2020-21 School Year

Inside this issue:

Welcome	1
UMS Counselors	1
Important Dates	2
Naviance	2
Counselors' message	2

From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

This is the first of the school year in a series of newsletters that you will be receiving on a quarterly basis with updates and useful information related to the UMS Counseling/Guidance Department. Please check the [UMS Counseling/Guidance website](#)

The past school year has truly been unique to say the least. We have faced many challenges together and proven how resilient we can be.

We also have a District Counseling/Guidance website that will include information about upcoming events and suggested reading for parents at all grade levels.

[Click here](#) for the District Counseling/Guidance page.

We are looking forward to a terrific year at UMS with a continued focus on both academic achievement and social and emotional learning for ALL students.

Wishing you all a great year!

Corie Gaylord



Counseling/Guidance Newsletter:

- ◇ E-Communication will be sent throughout the school year to keep our UMS families informed
- ◇ Each quarter, it will be in the form of a newsletter
- ◇ Reminders of important dates and events will be sent out via e-blasts

UMS Counselors 2020-21

Jeanne Fedun:

7th grade: Blue, Red, Gold (A-L) Teams

Allison Doyle Smith:

8th grade: Blue, Red, Gold (A-O) Teams

Meghan Moore:

7th grade: Green, Gold (M-Z) Teams

8th grade: Green, Gold (P-Z)

Almost everything will work again if you unplug it for a few minutes, including you.

-Anne Lamott

Important Dates:



Important Dates:

- * August 27: Family Orientation 6pm (virtual)
- * Schedules viewable— August 28rd at 5pm (if all required forms have been completed)
- * First Day of School— September 8th
- * Back to School Night— October 1st at 6pm (virtual)
- * 7th Grade Orientation— prior to returning to in-person learning-date TBD

We would like to welcome back all of our returning 8th graders and our incoming 7th graders. As you know, 7th and 8th grade can be a tumultuous time for students, as they work to balance social/emotional and academic demands. Please reach out to your school counselor, at any time, should your child experience difficulties or changes in circumstance.

We can appreciate that this is a time of transition for families as they move from summer fun into "back-to-school" mode, even in the remote learning model. We would encourage you to re-establish routines regarding bed times, homework, and screen times in September so as to ease this transition.

We are excited about the upcoming year and look forward to working together to ensure your child's success.

Jeanne Fedun
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Allison Doyle Smith
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Meghan Moore
mmoore@mtsd.us



A SCHOOL COUNSELOR IS...



Naviance is a resource that can provide our students with unique experiences that help to enhance their understanding about their strengths and abilities both in and out of the classroom. It is introduced to all 7th graders in the College and Career Readiness cycle course. Each year the 7th graders will set up their *Naviance* accounts in the cycle course and begin their journey of self-discovery utilizing *Naviance* as a tool. This will enable students to learn about their personal strengths and blind-spots, so

that they can more confidently and positively approach their future goals and appropriately advocate for their personal needs.

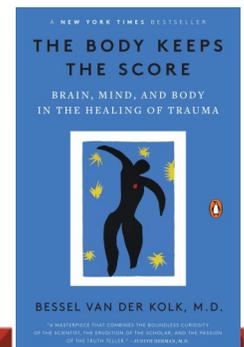
The 8th grade students will continue their use of *Naviance*, exploring, taking that next step in self-discovery.

Parents will have an opportunity to find out more about *Naviance* at the UMS Back to School Night on October 3rd. More details will be available soon. Parents are encouraged to visit their child's *Naviance* accounts once they begin work in their cycle classes.

Naviance is a tool that will be used throughout students' high school experience to explore careers that match their strengths and interests and, when the conversations about colleges begin, to search for colleges that are the best fit based on the students interests, goals, and abilities.

There are no shortcuts to any place worth going.

—Julie Andrews



what i'm
READING