



UMS Counseling/Guidance News

Volume 4, Issue 3

January 2020

Go Cougars!

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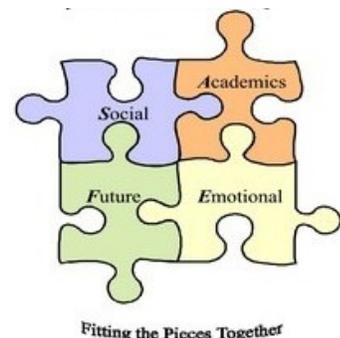
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From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

It's hard to believe that we have already reached the mid-point of the school year. Students continue to grow academically, emotionally, and socially and have had some wonderful experiences with PAWS for a Cause (see next page for a description of the January activity).

I hope you were able to attend the Parent Education Series presentation of *Screenagers: Growing Up In The Digital Age* on January 14th. The message about the use of social media and technology is so timely and important for families with pre-teens and teenagers. Many thanks to all of you who attended!

Please continue to visit the UMS Counseling/Guidance [web-site](#) for valuable information and resources. Please also access the district Counseling/Guidance [website](#) for the Parent Education Series and suggested reading for parents.



Corie Gaylord

Director of Student Academic & Counseling Services

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

Students are assigned to counselors by last name, alphabetically.

- | | | |
|----------|----------------------|-------------------|
| Grade 7: | Jeanne Fedun: | Abouei Leil-Jalli |
| | Allison Doyle Smith: | James-Powell |
| | Megan Moore: | Pullikhan-Zondlo |
| Grade 8: | Jeanne Fedun: | Abdelsamad-Han |
| | Allison Doyle Smith: | Hansen-Penta |
| | Meghan Moore: | Perez Quezada- |

Life's most persistent and urgent question is, what are you doing for others?

~Martin Luther King, Jr.

Important Dates:



Mission Transition

March 9th: 8th graders visit MHS . A tour of the building with Peer Leaders, meet the VPs, and an opportunity to see many of the electives available at MHS.

March 10th: 8th grade Parent Orientation. MPAC (MHS Auditorium) 7pm. Presentation of content areas and other general information.

March 16-20: 8th grade students meet with their MHS counselors to review course selections.

April (date TBD): “Welcome to High School” for rising 9th grade parents. Webinar by the MHS Counseling/Guidance department about how to successfully transition to high school. This live webinar at 12 noon will be accessed via the [MHS Counseling/Guidance website](#).

PAWS for a CAUSE

As part of our focus on social and emotional learning, UMS makes time to PAWS for a CAUSE each month to practice our core competencies of empathy, respect, and resilience. These three competencies were derived from our Montgomery Portrait of a Graduate and are important to cultivate within the developing middle school mind. In January, students participated in an activity focused on food insecurity.

Seventh graders participated in a Hunger Banquet, an experiential activity that demonstrates the inequities that exist world-wide with regards to access to food and water.

Eighth graders had activities in their PAWS groups that illustrated the inequities that exist world-wide with regard to access to basic needs and resources.

A representative from Arm-in-Arm in Trenton spoke with students during FLEX assemblies about food insecurity.

In addition, our Student Council is running a food drive to collect donations.

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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 first introduced to 7th graders in the College and Career Readiness cycle course. The 7th graders this year 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 taking that next step in self-discovery.

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.

Surround yourself with really good people. I think that's an important thing. Because the people you surround yourself with are a reflection of you.

~Aaron Rodgers

