



UMS Counseling/Guidance News

Volume 3, Issue 4

April 2019

Go Cougars!

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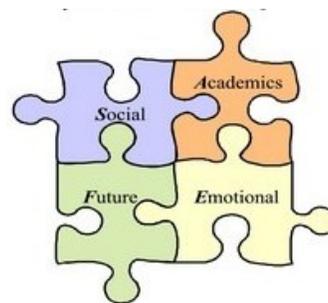
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From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

We are hopeful that spring has finally arrived and we are all looking forward to sunshine and warmer weather. UMS students are beginning the last quarter of the school year and continue to grow and learn.

MHS is getting ready to welcome the class of 2023. Please take a look at the [Freshmen Guidebook](#) to help prepare your children for their transition to high school. You can also access the [8th Grade Parent Presentation](#) for additional information about academics, co-curriculars, athletics, and the Counseling/Guidance Department.

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



Fitting the Pieces Together

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

Sincerely,
Corie Gaylord

UMS Counselors

Grade 8: Allison Doyle S
adoylesmith@mtsd.us

Grade 7: Jeanne Fedun
jfedun@mtsd.us

Also part of the counseling team:
Meghan Moore
mmoore@mtsd.us

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world..

~Harriet Tubman

Important Dates:



Upcoming Events:

April 19 -April 28: Spring Recess

May 2-9: NJSLA (NJ Student Learning Assessment) testing

May 22, 23: NJSLA-S (NJ Student Learning Assessment—Science)

Mission Transition:

Rising 9th Grader Parent Presentation and Freshmen Guidebook

April 17th: “Welcome to High School” live-stream webinar for rising 9th grade parents. 12noon live and presentation will be posted on website. Details on how to access to follow soon.

June 21st: 8th grade Promotion Ceremony

The UMS Paws for a Cause program focuses on developing social and emotional skills, exploring a different topic each month so that students and staff increase their ability to understand, welcome, and include all kinds of people in many different situations.

The focus for April is on **Resilience** and the skills needed to bounce back from difficult times.

We want the students to recognize that Resilience can develop through their exposure to different challenges, and by personally maintaining a healthy lifestyle with a positive mindset. The students will begin to explore tools that help them to build a strong personal foundation that is comprised of a healthy lifestyle and positive mindset.

Important News: Rising 9th Grade Transition

If eighth graders wish to apply for a waiver for honors English and/or Social Studies, they must complete an essay as part of the process. This is offered on April 10th and 11th.

Eighth grade students completed their high school course selection the week of March 12th. Their MHS counselors are:

Apel	Abouel Leil—Chaturvedi
Glock	Chavan—Gale
Ritson	Gallagher—Kane
Saleem	Kapoor—Molakaseema
Conway	Montoya—Rao
Pogue	Rawal—Swaroop
Hampton	Swearengin—Ziaie

Jeanne Fedun
8th grade counselor

Allison Doyle Smith
7th grade counselor

Meghan Moore



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 at UMS to all 7th graders in the College and Career Readiness cycle course. The 7th graders 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.

The human capacity for burden is like bamboo—far more flexible than you'd ever believe at first glance.

—Jodi Picoult

