



UMS Counseling/Guidance News

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Go Cougars!

Inside this issue:

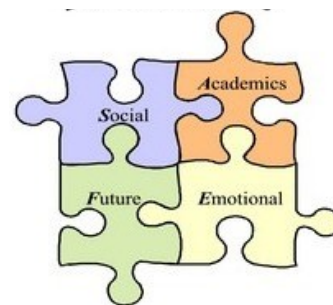
Welcome	1
UMS Counselors	1
Important Dates	2
Naviance	2
Counselors' message	2

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

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 2025. 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

Sincerely,
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

Students are assigned to counselors by team and alphabetically:

Jeanne Fedun: 7 Blue, 7 Red, 7 Gold A—L

Allison Doyle Smith: 8 Blue, 8 Red, 8 Gold A—O

Meghan Moore: 7 Gold M—Z, 8 Gold P—Z, 7 Green, 8 Green

Mankind will endure when the world appreciates the logic of diversity.

—Indira Gandhi

Important Dates:



Upcoming Events:

April 15th: Open House for students returning to school for the first time

April 15th and 16th: Self Care Days

April 16th: End of Marking Period 3

April 22nd: "Angst" hosted by the Municipal Alliance 7pm (see below).

Mission Transition:

Rising 9th Grader Parent Presentation and Freshmen Guidebook

April date TBD: "Welcome to High School" presentation for families of rising 9th graders. Will be posted on website. Details on how to access to follow soon.

June 15th: 8th grade Promotion Ceremony

During March:

UMS recognized Women's History Month.

The UMS staff participated in an equity-based professional development session with Dr. Robin Daniels.

UMS hosted a rising 7th grade orientation.

On April 15th and 16th UMS will be having "self-care days" to end the marking period. Activities have been planned for students who are in person as well as virtual.

Important News: Rising 9th Grade Transition

Eighth grade students completed their high school course selection the week of March 8th. Their MHS counselors are:

<i>Apel</i>	<i>A - Cocos</i>
<i>Glock</i>	<i>Coppola - Hari</i>
<i>Ritson</i>	<i>Hawkins - Kolli</i>
<i>Saleem</i>	<i>Kopecky - Nambiar</i>
<i>Conway</i>	<i>Narvekar - Ryberg</i>
<i>Pogue</i>	<i>Sahin - Tang</i>
<i>Hampton</i>	<i>Tapia-Lopez - Z</i>

Jeanne Fedun
jfedun@mtsd.us

Allison Doyle Smith
adoylesmith@mtsd.us

Meghan Moore
mmoore@mtsd.us

IndieFlix presents



The Montgomery Rocky Hill Municipal Alliance is pleased to partner with other local Municipal Alliance's to bring you a virtual screening of the documentary "Angst". This documentary speaks to the anxiety that is crippling our youth and placing heavy burdens on our families. I encourage you to go to the website <https://angstmovie.com/> to learn more.

Thank you for your support!

Please register at
<https://bit.ly/2PMUCUH>



NAVIANCE
Family Connection

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 en-

couraged 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.

What we do is more important than what we say or what we say we believe.

—bell hooks