



UMS Counseling/Guidance News

Volume 3, Issue 1

August 2018

Welcome to the 2018-19 School Year

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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](#)

In addition, we have created a District Counseling/Guidance website that will include information about our Parent Education Series, suggested reading for

parents at all grade levels and our Parent Book Club.

[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

- Grade 7: Jeanne Fedun
jfedun@mtsd.us
- Grade 8: Allison Doyle Smith
adoylesmith@mtsd.us
- New to our team:
Meghan Moore
mmoore@mtsd.us

We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.

—Aristotle

Important Dates:



Important Dates:

- * 7th Grade Orientation—
August 30th
- * First Day of School—
September 6th
- * Back to School Night—
October 4th

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 grade level 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." 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
7th grade counselor

Allison Doyle Smith
8th grade counselor

Please join us in welcoming **Meghan Moore** as the newest member of our UMS Counseling team



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 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.

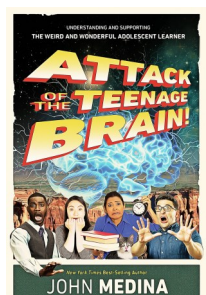
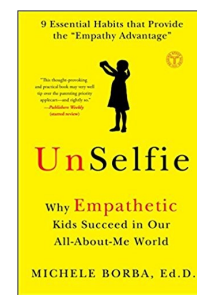
The 8th grade students will continue their use of *Naviance*, exploring, taking that next step in self-discovery.

Parents will have an opportunity to find out more about *Naviance* at the UMS Back to School Night on October 4th. 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.

I think we all have empathy. We may not have enough courage to display it.

-Maya Angelou



what i'm
READING