



UMS Counseling/Guidance News

Volume 4, Issue 2

November 2019

Go Cougars!

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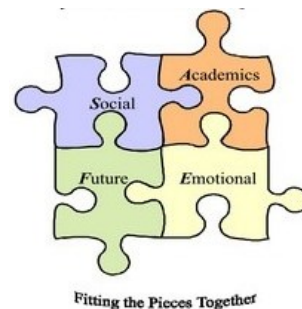
From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

It's hard to believe that it is already November and we are at the end of the first marking period.

Students have adjusted well to life in 7th and 8th grade and it is so rewarding to watch them grow academically, emotionally, and socially.

Back to school night was very successful with a great turnout. Thank you, parents!

For additional information and resources go to the [District Counseling/Guidance website](#).



Please continue to visit the [UMS Counseling/Guidance website](#) for valuable information and resources.

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

New this year: 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-Zoubarev

Do not judge me by my success, judge me by how many times I fell down and got back up again.

—Nelson Mandela

Important Dates:



Important Dates:

Dec 2: Vo-tech staff and students visit with 8th graders during flex assembly

Dec 3: Career Night at MHS 7pm. Students can explore some of the many opportunities that are possible in their futures.

Jan 8: Interested 8th graders visit SCVTHS campus for tour (info about programs at www.scvths.org)

Parent Conferences:
Nov 25: afternoon & evening
Early dismissal: Nov. 25-27

Happy Thanksgiving!

In October we celebrated the Week of Respect with daily Public Service Announcements on the importance of being respectful to yourself, your school, and your community. The highlights were the Respect Rally which was very interactive with music, games, and a tremendous amount of spirit.

Peer Leaders from MHS visited the Friday of Week of Respect to hold small discussion groups with students about leading respectful lives.

Red Ribbon Week was celebrated with spirit days/dress-up days. Fan favorites were twin day and "Throw-back Thursday" (Decades Day).

The 8th graders made their annual visit to Camp Mason, spending two and a half days community building and doing experiential learning. We are grateful to all the staff and parents who volunteered to make this amazing experience a reality for our students.

Depression screenings began at the end of 1st marking period and will continue in Health classes through 3rd marking period.

Jeanne Fedun
jfedun@mtsd.us

Allison Doyle Smith
adoylesmith@mtsd.us

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 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.

Knowledge will give you power, but character respect.

—Bruce Lee



"A beautifully written, informative, sensitive, and powerful look at the high-impact, widespread, and complex issue of trauma, adversity, and resilience. Not to be missed!"
—DR. KAREN TREMPER

EYES ARE NEVER QUIET
Listening Beneath the Behaviors of Our Most Troubled Students



Jan L. Desautels, Ph.D.
Michael McKnight, M.A.

what i'm
READING