

STCS Middle School

Counseling News



The Middle School students have been learning about assertive communication and acceptance through their Life Skills and Virtues lessons. Mrs. Figueroa incorporated the practice of virtues like self-control, patience, empathy, and charity, as the students learned the difference between diverse forms of communication and the importance of advocating for themselves in an assertive manner. They also learned about practicing the virtues of foresight and self-control in order to make wiser choices while using social media, and when facing a conflict with a friend/classmate.

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Cultivating SELF-CONTROL

Self-control is an essential virtue (holy habit), as well as a skill. It is necessary to help your child learn to manage their emotions and behavior at home and in a school setting. Here are some strategies:

Establish Routines: Consistent daily routines help children feel secure and understand expectations. Regular bedtimes, meal times, study periods and chores are important in fostering an internal rhythm that encourages successful outcomes.

Practice Patience: Encourage your child to wait their turn and understand that they can't always have immediate gratification. Games and activities that require taking turns can be helpful.

Teach Emotional Regulation: Help your child identify their emotions and appropriate ways to express them. Teach calming techniques such as deep breathing or counting to ten.

Modeling: Children learn by example. Model the virtues of our Catholic Faith at home, and they will learn them in turn. For more information on the virtues, you can visit: <https://openlightmedia.com/>

Academic Counseling in Middle School

"Identifying students' academic and social/emotional needs, as well as providing any necessary interventions, is essential in removing barriers to learning and helping students develop skills and behaviors critical for academic achievement. The knowledge, attitudes and skills students acquire during these years build the foundation for future success.."
 American School Counselor Association

At STCS, the middle school counselor follows up ALL students' academic progress through Power School and close communication with the teachers and parents. She identifies the students in academic risk and/or in need of academic counseling and support.