



# MS SCHOOL COUNSELING



## NEWSLETTER

WHAT'S  
NEW?

New Year...

New  
BEGINNINGS!

### UPCOMING EVENTS

Feb. 5-9, 2024

National School  
Counseling Week

Feb. 12-16, 2024

Kindness Week

March 18-22, 2024

Career Week

Happy New Year to everyone! I hope you all had a fantastic New Year. Time has flown by so quickly since we started the school year. In the first trimester, I began my regular check-ins with middle school students, which are ongoing. These check-ins have helped me adjust my Social Emotional Learning Lessons to the student's needs and align them with our virtue of the week. I have posted these virtue lessons on Schoology so students can access them anytime. Some of the virtues we have covered are Foresight, Industriousness, Responsibility, Courtesy, Magnanimity, and Patience. Inclusion, Personal Boundaries, and Individual Goal Setting were also discussed.

For the upcoming virtue lessons, I will introduce essential life skills, such as time management, organization, interpersonal relationships, and goal setting/strategies. My goal is to equip our students with the necessary skills to navigate their academic and personal lives successfully. Through these lessons, I aim to instill in our students the importance of prioritization, planning, and effective communication and relationship building. The lessons will be designed to ensure that our students develop a better understanding and practical application of these fundamental skills. These skills are essential for their long-term success.