
COUNSELOR CONNECTION

MS. SOLBERG, WESTBY AREA MIDDLE SCHOOL
TESSA.SOLBERG@WESTBY-NORSE.ORG - 608.634.0225

NOVEMBER EDITION

TOPICS THIS MONTH

5th Guidance

- Introduction to Bullying
- How to deal with bullying
- Finding healthy social supports
- Gratitude

6th Guidance

- Reviewing Bullying
- Finding healthy social supports
- Growth Mindset
- Self-Esteem

7th Life Skills

- Healthy Conflict Resolution
- Social Media Safety & Conflict Resolution
- Bullying Review
- Note Taking Strategies
- Skim, Scan, or Study?

8th Career

- Personality Assessment
- Job Applications & Resumes
- Decision Making
- Values, Needs, and Wants
- Personal Interests

SPECIAL NOTES

The end of October included Red Ribbon Week and Unity Day. We celebrated being drug free and bully free through daily trivia, wearing red ribbons all week, and creating posters to decorate our school.

We strive to nurture happy and healthy students here at Westby Area Middle School and know that together with parents, guardians, family, and the community we will succeed. Starting and continuing these conversation has shown to drastically decrease drug use in young adults and we hope to do just that with your help.