
COUNSELOR CONNECTION

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

FEBRUARY EDITION

TOPICS THIS MONTH

5th Guidance

- Creating S.M.A.R.T. Goals
- Organization Strategies
- Time-Management
- Conflict Resolution

7th Life Skills

- Conflict Resolution
- Conflict Outcomes
- Assertive Communication
- Social Media Conflicts
- Bullying

6th Guidance

- Creating S.M.A.R.T. Goals
- Organization Strategies
- Time-Management
- Conflict Resolution

8th Career

- RIASEC Codes
- RIASEC Career Exploration
- Transferable Skills
- Communication
- Interview Skills
- Social Media

SPECIAL NOTES

Somehow we made it to February without a single snow day! Imagine that. With the first signs of Spring in the air, spirits are definitely high.

We are now well into the new semester. Each classroom has gone through their orientation/introduction lessons and we are diving into guidance content. The 5th and 6th grade classes are getting a foundation in academic skills, 7th graders are working through their social skills unit, and 8th graders are transitioning from self exploration subjects to career exploration. All in all, great progress is being made.

As always, if you have any questions, comments, or concerns, please feel free to reach out to me. Your involvement is valued! Thank you for reading my newsletter!