
COUNSELOR CONNECTION

MS. SOLBERG, WESTBY AREA MIDDLE SCHOOL
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DECEMBER EDITION

TOPICS THIS MONTH

5th Guidance

- How to deal with bullying
- Diversity
- Growth Mindset
- Organization Strategies

7th Life Skills

- Skim, Scan, or Study?
- Decision Making
- Parts of the Brain
- Identifying Emotions
- Cognitive Distortions

6th Guidance

- Dealing with Bullying
- Learning Styles
- Self Esteem
- Organization Strategies

8th Career

- Career Cluster Research and Poster Presentations
- RIASEC codes
- Xello Introduction
- Career Matchmaker

SPECIAL NOTES

Thanksgiving season has passed and Christmas is on its way! All guidance classes took a well deserved break to complete a gratitude lesson. You may have seen some zen coloring sheets make their way home, each color representing a different reason to be grateful. This tied in well with WAMS's Service Project we do each year. Students created holiday decor for the community Thanksgiving dinner.

We do our best to promote kindness and empathy here at WAMS. Taking a break from our normal lessons to engage in fun activities that remind us of the spirit of the season is a part of that. We hope to continue to support our community by giving back and practicing gratitude and kindness.