
COUNSELOR CONNECTION

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

JANUARY EDITION

TOPICS THIS MONTH

5th Guidance

- Organization Strategies
- Career Exploration

- Introductions

7th Life Skills

- Handling Stress
- Mental Health Review
- Career Project

- Introductions

6th Guidance

- Organization Strategies
- Career Exploration

- Introductions

8th Career

- Diversity
- Overcoming stereotypes in the workplace
- High School transition

- Introductions

SPECIAL NOTES

Happy New Year!!

Along with the end of the year, the end of the semester is approaching. The last day of the quarter and semester is Friday, January 17th. This means that my time with Mrs. Stenslien's, Mr. Fiske's, Mr. Constalie's, and Mr. Hamilton's 5th and 6th grade homerooms is ending. Next semester Mrs. Hemmersbach's, Mr. Henchen's, Mrs. Luebke's, and Mr. Dwyer's homerooms will join me for guidance class! 7th grade Life Skills and 8th grade Careers will also switch over this month, with a new rotation of students coming in. I have enjoyed my time with each class so much and am grateful beyond words for this first semester at Westby Area Middle School. I am excited to start semester #2!