



# UMS Counseling/Guidance News

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## Go Cougars!

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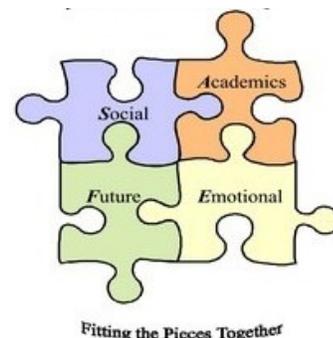
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From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

It's hard to believe that we have already reached the mid-point of the school year. Students continue to grow academically, emotionally, and socially and have had some wonderful experiences with PAWS for a Cause (see next page for a description of the January activity).

Watch for information soon about our upcoming Parent Education Series presentations and Parent Book Groups. One of the books to be discussed is *How to be a Happier Parent: Raising a Family, Having a Life and Loving (Almost) Every Minute* by K.J. Dell'Antonia. I look forward to sharing this book with you.

Please continue to visit the UMS Counseling/Guidance [web-site](#) for valuable information and resources. Please also access the district Counseling/Guidance [website](#) for the Parent Education Series and suggested reading for parents.



*Corie Gaylord*

Director of Student Academic & Counseling Services



### Counseling/Guidance Newsletter:

- ◇ E-Communication will be sent throughout the school year to keep our UMS families informed
- ◇ Each quarter, it will be in the form of a newsletter
- ◇ Reminders of important dates and events will be sent out via e-blasts

### UMS Counselors

Grade 8: Allison Doyle Smith  
adoylesmith@mtsd.us

Grade 7: Jeanne Fedun  
jfedun@mtsd.us

Also part of the counseling team:  
Meghan Moore  
mmoore@mtsd.us

*Nothing ever comes to one, that is worth having, except as a result of hard work.*

Booker T. Washington

## Important Dates:



### Mission Transition

**March 6th:** 8th graders visit MHS . A tour of the building with Peer Leaders, meet the VPs, and an opportunity to see many of the electives available at MHS.

**March 7th:** 8th grade Parent Orientation. MPAC (MHS Auditorium) 7pm. Presentation of content areas and other general information.

**March 11-15:** 8th grade students meet with their MHS counselors to review course selections.

**April 10th:** "Welcome to High School" for rising 9th grade parents. MPAC (MHS Auditorium) 7pm. Presentation by the Counseling/ Guidance department about how to successfully transition to high school.

### Parent Education Series

March: "Mindfulness" Date/Time TBD

### PAWS for a CAUSE

As part of our focus on social and emotional learning, UMS makes time to PAWS for a CAUSE each month to practice our core competencies of empathy, respect, and resilience. These three competencies were derived from our Montgomery Portrait of a Graduate and are important to cultivate within the developing middle school mind. In January, staff and students participated in the UMS Compliment Project.

Our goal was to begin the new year in a positive way; therefore, we focused on the importance of building favorable and meaningful social connections with one another. In doing such, we encouraged students and staff to consider the power of a compliment. A compliment holds great power and potential. It shows respect, admiration, approval, gratitude, trust, appreciation, and hope. One of the most generous things you can do in your life is to give someone else a true and meaningful compliment. Every student and staff member had the opportunity to give and receive compliments. In doing so, the halls of UMS were a little brighter following the school-wide exercise.

Meghan Moore  
mmoore@mtsd.us

Allison Doyle Smith  
7th grade counselor

Jeanne Fedun  
8th grade counselor



*Naviance* is a resource that can provide our students with unique experiences that help to enhance their understanding about their strengths and abilities both in and out of the classroom. It is first introduced to 7th graders in the College and Career Readiness cycle course. The 7th graders this year will set up their *Naviance* accounts in the cycle course and begin their journey of self-discovery utilizing *Naviance* as a tool. This will enable students to learn about their personal strengths and blind-spots, so that they can more confidently and positively approach their future goals and appropriately advocate for their personal needs.

The 8th grade students will continue their use of *Naviance* taking that next

step in self-discovery.

Parents are encouraged to visit their child's *Naviance* accounts once they begin work in their cycle classes.

*Naviance* is a tool that will be used throughout students' high school experience to explore careers that match their strengths and interests and, when the conversations about colleges begin, to search for colleges that are the best fit based on the students' interests, goals, and abilities.

*Most people don't know how to take compliments. . . we're hesitant to give compliments and embarrassed at getting them*

—Letitia Baldrige

