



UMS Counseling/Guidance News

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Go Cougars!

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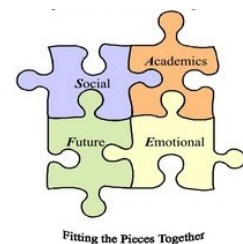
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From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

It's hard to believe that we have already reached the midpoint of the school year. Students continue to grow academically, emotionally, and socially.

I hope you are able to attend the presentation, "[Parenting in the New Not So Normal](#)," given by Blueprint Mental Health on February 4th at 7pm. There will be additional presentations for families in the coming months.

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



Municipal Alliance News: Coming soon!

Join us in "Fresh Start February," a motivational and informational daily calendar with activities designed to improve your day by offering ways to decrease feelings of stress and anxiety and also to improve your overall well-being by building positive coping skills. Look for more information at the launch on Monday! Check it out on Facebook @municipalalliance.

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

Students are assigned to counselors by team and alphabetically:

Jeanne Fedun: 7 Blue, 7 Red, 7 Gold A—L

Allison Doyle Smith: 8 Blue, 8 Red, 8 Gold A—O

Meghan Moore: 7 Gold M—Z, 8 Gold P—Z, 7 Green, 8 Green

Life's most persistent and urgent question is, what are you doing for others?

~Martin Luther King, Jr.

Important Dates:



Mission Transition

March 1st: 8th grade Parent Orientation. At 7pm. Virtual presentation of content areas and other general information. Link to join will be provided.

March 2-9: 8th graders will select their electives online for freshman year

March 8-12: 8th grade students meet virtually with their MHS counselors to review course selections.

April (date TBD): "Welcome to High School" for rising 9th grade parents. Webinar by the MHS Counseling/Guidance department about how to successfully transition to high school. This will be accessed via the [MHS Counseling/Guidance website](#).

Counseling News:

This month there was a Vo-Tech assembly during FLEX for interested students.

We shared a counselor/connect email with parents that was sent to students right before Winter Break.

We provided students with some suggestions as to how to connect—with themselves and others—over the break. We encourage parents to find time to connect with their kids, as well as find time for themselves to rest a bit and recharge. Remember, your children will follow your lead. Knowing that we have another month of winter, we can see how you and your children might still be looking for ideas as to how to keep connected. If you are looking for additional resources, please see our [UMS Counseling Department Website](#).

Please don't hesitate to reach out should you need additional support for your child.

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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.

Memories of our lives, of our works and our deeds will continue in others.

~Rosa Parks

