



UMS Counseling/Guidance News

Volume 4, Issue 1

August 2019

Welcome to the 2019-20 School Year

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

This is the first of the school year in a series of newsletters that you will be receiving on a quarterly basis with updates and useful information related to the UMS Counseling/Guidance Department. Please check the [UMS Counseling/Guidance website](#)

In addition, we have created a District Counseling/Guidance website that will include information about our Parent Education Series, suggested reading for

parents at all grade levels. [Click here](#) for the District Counseling/Guidance page.

We are looking forward to a terrific year at UMS with a continued focus on both academic achievement and social and emotional learning for ALL students.

Wishing you all a great year!

Corie Gaylord



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

New this year: students are assigned to counselors by last name, alphabetically.

Grade 7: Jeanne Fedun:	Abouei Leil-Jalli
Allison Doyle Smith:	James-Powell
Megan Moore:	Pullikhan-Zondlo
Grade 8: Jeanne Fedun:	Abdelsamad-Han
Allison Doyle Smith:	Hansen-Penta
Meghan Moore:	Perez Quezada-Zoubarev



*I think we all have **empathy**. We may not have enough courage to display it.*

—Maya Angelou

Important Dates:



Important Dates:

- * Schedules viewable—
August 23rd at 3pm (if all required forms have been completed)
- * 7th Grade Orientation—
August 28th
- * First Day of School—
September 5th
- * Back to School Night—
October 3rd

We would like to welcome back all of our returning 8th graders and our incoming 7th graders. As you know, 7th and 8th grade can be a tumultuous time for students, as they work to balance social/emotional and academic demands. Please reach out to your school counselor, at any time, should your child experience difficulties or changes in circumstance.

We can appreciate that this is a time of transition for families as they move from summer fun into "back-to-school mode." We would encourage you to re-establish routines regarding bed times, homework and screen times in September so as to ease this transition.

We are excited about the upcoming year and look forward to working together to ensure your child's success.

Jeanne Fedun
jfedun@mtsd.us

Allison Doyle Smith
adoylesmith@mtsd.us

Meghan Moore
mmoore@mtsd.us



A SCHOOL COUNSELOR IS...



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 introduced to all 7th graders in the College and Career Readiness cycle course. Each year the 7th graders 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.

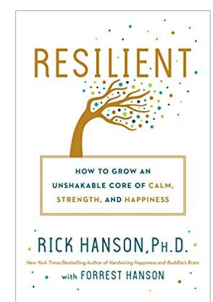
The 8th grade students will continue their use of *Naviance*, exploring, taking that next step in self-discovery.

Parents will have an opportunity to find out more about *Naviance* at the UMS Back to School Night on October 3rd. More details will be available soon. 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.

Be practical as well as generous in your ideals. Keep your eyes on the stars, but remember to keep your feet on the ground.

—Theodore Roosevelt



what i'm
READING