



## Adams State College Fair

Sept. 16, 2019

10:30-11:30am

Juniors and seniors who want to attend must sign up in the counseling center by Sept. 10th

## FALL TESTING INFO

### PSAT 9

Sept. 26, 2019

All 9th grade students

7:40am in the Gym

Will be using Chromebooks for testing!

### PSAT/NMSQT

Oct. 30, 2019

10th & 11th grade

7:40am in

District Boardroom

### ASVAB

Nov. (TBD)

11th grade

## SHOLARSHIP INFO

**\*\*IMPORTANT\*\***

**SENIORS** need to check their email for the latest scholarship information!!!

## Parent Scholarship Forum at Adams State

Sept. 25, 2019

6:00-7:30pm

See additional flyer in the MVHS newsletter for more information!

Must register online to attend!

## The Role of the School Counselor

The professional high school counselor holds a master's degree (with a mental health perspective) and required state certification in school counseling making them uniquely qualified to address all students' academic, personal/social and career development needs.

### Some of what the school counselor does:

#### School Guidance Curriculum

- ◆ Post-secondary planning and application process
- ◆ Education in understanding self and others
- ◆ Coping strategies
- ◆ Peer relationships and effective social skills
- ◆ Communication, decision-making, conflict resolution
- ◆ Career awareness and the world of work
- ◆ Substance abuse education

#### Individual Student Planning/Advocacy

- ◆ Goal setting
- ◆ Academic plans/Career Plans
- ◆ Problem solving

#### Responsive Services

- ◆ Individual and small-group counseling
- ◆ Individual/family/school crisis intervention
- ◆ Academic/Behavior/Attendance concerns
- ◆ Peer facilitation
- ◆ Consultation/collaboration with parents/teachers/admin
- ◆ Referrals for special services

#### System Support

- ◆ Professional development
- ◆ Consultation, collaboration and teaming
- ◆ Program management and operation

Professional school counselors develop confidential relationships with students to help them resolve and/or cope with problems and developmental concerns.

~Information from American School Counselor Association (ASCA)



## Bullying vs. Conflict vs. Rude/Mean Behavior

### The definition of Bullying is:

- INTENTIONAL and AGGRESSIVE/MEAN behavior
- that is REPEATED over time, and
- involves an IMBALANCE of POWER

### The definition of Conflict is:

- is a natural part of growing up, and between peers
- Peers DISAGREE but CAN'T/DON'T KNOW HOW to SOLVE their own problems
- May become so frustrated that they are mean or physically try to hurt their peer

### The definition of Rude behavior is:

- Someone says or does something UNINTENTIONALLY hurtful, happens once

### The definition of Mean behavior is:

- Someone says or does something INTENTIONALLY hurtful, happens once