



Counselor's Corner

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Setting Goals

Go for the End Zone! 

This is the time of year where students can set goals and reflect on something they would like to improve. When setting up a goal(s), students can think about the following questions:

1. What is something you'd like to get better at?
2. What is something your teacher or parent thinks you need to improve?
3. What's something you wish you could do?
4. What's something you could work on that would make class easier?

Goals should be something the student is invested in improving, not just something adults wish would change.

Last but certainly not least, goals should be SMART- Specific, Measurable, Attainable, Relevant and Time-based.

If you know a student who needs assistance developing SMART goals, send me an email or note and I would be happy to assist!

February: A month of celebrations!

Black History Month – All month long

Valentine's Day – February 14

Career Exploration Month – All month long

Mardi Gras – March 5

School Counseling Week – February 4-8



Giving Compliments

Genuine compliments can be a great way to build a positive classroom culture. When students learn how to give and accept compliments, they are also building empathy. Teaching compliments is an easy way to build a positive community.

Try to steer students away from compliments about physical appearance and give them some guidelines so they can check theirs. I like them to check that their compliments are true, specific, and positive.

Try these activities to help students give better compliments:

- Sort good and not so good compliments.
- Brainstorm compliments you could give.
- Give compliments to a fictional character.
- Reflect on how compliments make others feel.



TEACHING COMPLIMENTS AND BUILDING EMPATHY

Social Emotional Workshop

Source: SocialEmotionalWorkshop