

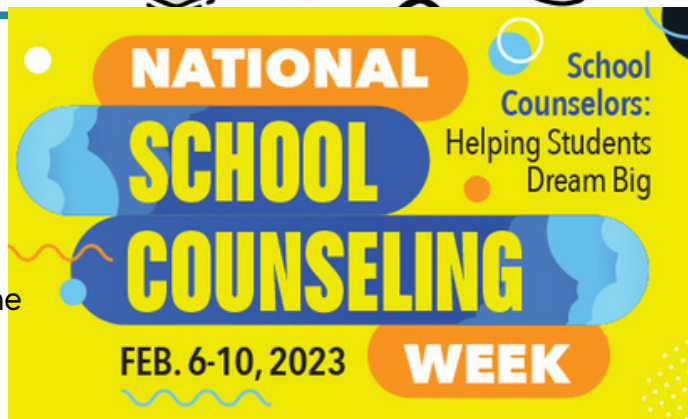
# Counselor's Corner

Mrs. Craig

Hello Harrington Families!!!! I am excited to share with you it is

National School Counseling Week. The theme of this year is "Helping Students Dream Big." Author Carl Sandburg said, "Nothing happens unless first we dream." Dreams don't have to be about a career. Dreams can be about feelings or even helping someone else achieve their dreams. What's one thing you can do today that moves you one step closer to a dream – any dream? Write it down or draw a picture of it.

My dream for you – for everyone one of you – is that you feel successful here at school and that you learn all the skills you need to reach your goals in life!



## COMING UP:

It is Random Act of Kindness Week during February 13th-19th 2023!! Let's work to make kindness the norm. No act of kindness is too small. For example, our younger students can draw a picture for someone else. Our older students can write a note to give someone else a compliment. There are great ideas and resources at: <https://www.randomactsofkindness.org/>.



## UPDATES:

### Pre-K/Elementary Classrooms:

We are learning emotional regulation skills and problem solving strategies with the use of Second Step curriculum. Small group(s) are running to help provide opportunities to practice skills learned in a smaller setting.

### Secondary Classrooms

We are exploring career aspirations, ways to manage well-being and conflict resolution strategies with peers through Character Strong curriculum. Secondary students had several colleges/universities visit during lunch from local Eastern Washington University to as far away as Grand Canyon University in Arizona!

# QUESTIONS TO CONSIDER WHEN TALKING ABOUT CAREERS WITH YOUR CHILD:

## ELEMENTARY AGE (PK-6TH)

- Have you and your child discussed any careers?
- What is the difference between a job and a career?
- What strengths or creative traits do you see as helpful for your child?
- What expectations do you have for your child's career?
- In what ways does your family share or talk about future dreams?

## MIDDLE SCHOOL AGE (7TH-8TH)

- What skills might he/she still need to develop in order to be successful?
- Have you discussed what types of things your child might do after high school?
- What is your child currently doing that is helping them prepare for life after high school?
- Often, students in middle school are learning to take control of their own behavior, and it takes time to develop these skills. How would you describe your child's ability to control his/her emotions?

## HIGH SCHOOL AGE (9TH-12TH)

- Is there something your child looks forward to?
- How would you describe your child's attitude toward learning? Work?
- Have you had the opportunity to discuss the types of problems your child would like to solve in the future?
- Have your child imagine their life five years after they graduate from high school. What challenges do they want to solve? How does this relate to a career?

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Contact Me

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**I'M A  
SCHOOL  
COUNSELOR**  
*What's YOUR  
Superpower?*