

## Counseling Happenings September 2019 September

- Social Emotional Lessons in Advisory: Listening Skills, Disagreeing Respectfully, Empathy and Being an Ally.
- Computers to Kids Program: Low cost computer and internet service. Applications due October 4.
- PLUS Leader Training: Advisory class training 12 Marston students to lead the PLUS Forums. This program helps students build relationships with each other and promote a positive school climate.
- GSA Club: lunchtime club for interested students that provides support, social experiences, and advocacy in order to create a positive and accepting school climate.
- Counseling Room: creating a safe place in room 105 for counseling groups and programs.

### **Mrs. Moravec (A-L)**

- \* Been a School Counselor for 13 years.
- \* Lives with her husband, daughter and dog.
- \* Loves being active, music, and theater.

### **Mrs. Teijaro (M-Z)**

- \* Been a School Counselor for 5 years.
- \* Lives with her husband, son and daughter.
- \* Loves reading, traveling and being creative.

### **Be an Ally!**

All students during advisory learned about "Being an Ally" a curriculum developed by the SDUSD Youth Advocacy Department. "Being an Ally" teaches students simple ways to intervene and help peers who are victims of bullying.

## **Counseling Lessons ~ 2019-20 School Year**

*Counseling lessons occur in a core subject, during advisory or school wide activity*

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|--|------------------------------|
| *October: Online Safety/Social Media     | *January: Career/College     |
| *November: Dangers of Vaping/Red Ribbon  | *February: Stress Management |
| *December: Elective Choices/Articulation | *April: Testing Strategies   |