

Bethany Elementary

Learning about caring and caring about learning

Welcome to the 2009-2010 school year. As a school counselor, I work closely with teachers and staff to enhance their effectiveness in the classroom. My responsibilities include implementing the elementary guidance curriculum, meeting with individual students and small groups and helping students in crisis. I also consult with parents, teachers and staff to support each child's academic, social and emotional needs.

Our mission this year as Plano counselors is "Connecting With Students". Here are some of the many ways I will connect with students at Bethany.

School Counselors Connect with Students by.....

- Assisting all students with academic success
- Promoting a positive attitude among students
- Providing support during a personal crisis
- Helping newcomers adjust to the Bethany community
- Presenting age appropriate and engaging guidance lessons
[Topics covered in guidance lessons](#) (see below)
- Counseling with students individually and in small groups
- Supporting students with test taking skills and test anxiety
- Coordinating the campus testing program
- Preparing students for the future with career awareness and activities on college readiness
- Facilitating special themed weeks including Howdy Week, Red Ribbon Week, College Week and Friendship Week
- Teaching students about personal safety including, anti -victimization, anti-bullying and drug awareness

7 Habits of Effective Students (see below)

Guidance Topics

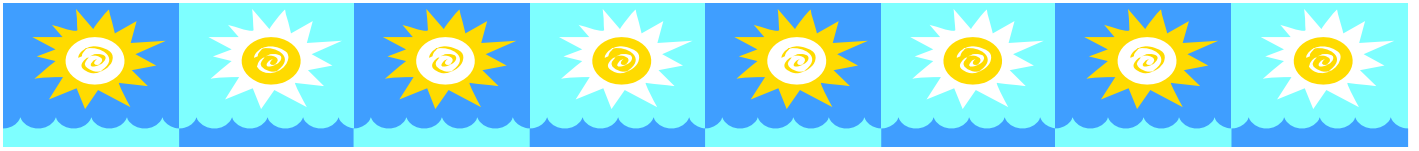
During the school year I will meet with each class every other week for guidance lessons. The students will receive at least three anti bullying classes each year and at least one lesson on anti-victimization and personal safety.

The following topics will be presented in an age appropriate format for each grade level.

- Self- confidence development
 - Fears about school
 - Believe in yourself
 - Transition from fifth to middle school
- Motivation to Achieve
 - College/Careers
 - Study Skills
 - Test Taking Skills
 - Work Habits
 - Listening
- Decision-making/Goal-Setting/Planning/Problem Solving Skills
 - Anti-Bullying
 - Teasing
 - Stop-Think-Evaluate-Proceed Process
 - I Statement
 - Conflict Mediation
 - Peer Pressure
 - Goal Setting
 - College/Careers
- Interpersonal Effectiveness-Social Skills
 - Friendship
 - Feelings
 - Manners
- Communication Skills
 - Listening
 - Communication
- Cross-cultural effectiveness
- Responsible behavior
 - Drug Awareness
 - Personal Safety
 - Anger Management
 - Anti-Bullying
 - Conflict Resolution
 - Manners

The following small groups will also be offered as needed:

New Students Divorce Friendship Anger Management
Study Skills Social Skills



The 7 Habits of Highly Effective People

Habit 1: Be Proactive

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Habit 2: Begin with the End in Mind

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision, and look for ways to be a good citizen.

Habit 3: Put First Things First

I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

Habit 4: Think Win-Win

I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for the third alternatives.

Habit 5: Seek First to Understand, Then to Be Understood

I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking.

Habit 6: Synergize

I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas to solve problems because I know that by teaming with others we can create better solutions than any one of us alone. I am humble.

Habit 7: Sharpen the Saw

I take care of my body by eating right, exercising, and getting sleep. I spend time with my family and friends. I learn in lots of ways and lots of places, not just at school. I take time to find meaningful ways to help others.