



PARENT-COUNSELOR CONNECTION

The goals of the Millswood counselors are to enhance the academic, personal, emotional and social development of every student, every day.

TWEEN SUPPORT GROUPS

Anger Management Group: Every Monday at 2:20pm

The Anger Management after-school group can help your tween identify their anger triggers and learn strategies to manage this intense emotion.

7th Grade Lunch Bunch 8th Grade Lunch Bunch Every Wednesday

Students that are interested in making new friends are invited to join the lunch bunch group, where they can get to know some of their peers while engaging in fun activities.

Where Everyone Belongs

WEB Leaders assist 7th grade students in transitioning to middle school, making new friends and increasing school spirit through fun and interactive activities each quarter.

Quarter 1 & 2 events:

Aug: Hawaiian Movie Matinee

Sept: You Got This In The Bag

Oct: Fall Festival

Nov: Winter Movie Matinee

Dec: Candy Cane Lane 1.6K Run

Five Homework Strategies In The Digital Age

One of the hardest things in parenting is helping kids stay focused while doing homework because of all the internal distractions, like dread of working on certain tasks, or the desire to check in with friends, and the many external technological distractions that live right on the same device they are using for homework. In a study by research psychologist, Larry Rosen, he found that “students studied less than 6 minutes before switching to technological distractors.” In this same research, he found that students who had study strategies were able to stay on task longer.

Here are some suggestions for helping your children stay focused while doing their homework.

1. Spend several nights validating how hard it must be for children and adolescents to stay on task when doing homework given all the various tech distractions like Snapchats, texts, games etc. right on their homework device. Acknowledge that it is hard for you to stay on task when you are doing your work, taxes, etc. online because of the pull of more fun activities is just one tab away.

2. Ask your kids what has worked for them and what has not? Help them understand that you are not concerned about the short term of tonight’s homework, but how this is an important skill that will serve them well throughout their life.

3. Use a timer. This can be very effective—an old-fashioned kitchen timer is ideal. Have them set a goal to study uninterrupted for a certain amount of time on a subject, 15 minutes for example. A set study interval lets the brain know an end is coming. This can help increase motivation to delve into a subject. The timer can be set for even 10 minutes or less.

4. Encourage them to start their homework with their most dreaded assignment by saying to just spend five minutes on it. It may be that after the five minutes they want to continue.

5. Breaks—spend time talking about them. Breaks are particularly effective when they contain these elements: movement, fresh air, social interactions (so checking in with friends via social media counts for

this—but ideally it would not be the only break students go to).

Here are some questions to get the conversation going:

-How long do you think you can do effective, focused studying at one time? 15 minutes? 30 minutes?

-What are the upsides of being able to sustain focus for longer periods of time?

-What are breaks from studying that you feel really rejuvenate you?

-What do you think of tech breaks during homework? What is a reasonable amount of time to focus just on homework before a tech break, and how long should the tech break be?

Source: [Delaney Ruston, MD](#) April 24, 2018



UPCOMING EVENTS: Quarter 2

7th & 8th Grade Counselor Academic Review

Mrs. Gonzalez, Counselor/7th
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Mrs. Kemp, Counselor/8th
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A meeting will be scheduled with the parents of any 7th or 8th grade students that received below a 2.0 GPA on their first report card. The purpose of these meetings is to work together to help get students get back on track so that they are able to participate in the promotion ceremony at the end of their 8th grade year.

Self-Esteem Group

Students that struggle with self-esteem are invited to attend the Self-Esteem Group to learn techniques that improve self-image, boost confidence and promote resiliency.

Stress Management Group

Students that have a difficult time with stress are encouraged to join the Stress Management group, where they can see that they are not alone and learn techniques to help manage their anxiety.

After School Study Hall Available

Does your child need help with assignments, have missing homework to make-up or need to improve their grade? A list of teacher lead after-school study hall sessions can be found on the Millswood website, in the counseling office or by contacting your child's teacher directly.

The Selfie Generation

Social media has revolutionized the way we communicate, exchange and digest information, but it seems to have also forever changed the way we perceive ourselves and our bodies, according to a new University of Kentucky study.

What has become a common form of communication does not come without its downsides. Social media platforms like Facebook, Twitter, Instagram, and Snapchat have made it possible for teens to find a sense of belonging online. However, University of Kentucky researchers note, we are still unsure of the effects this has on the development of adolescents.

Evaluating how people look might be associated with how teenagers feel about their own bodies, researchers wrote, adding that previous studies have shown that the majority of girls in middle school are unhappy with their bodies. In order to examine and explore the potentially damaging effects of social media exposure among adolescents, University of Kentucky researchers conducted a cross-sectional study.

Three social media platforms were examined: Facebook, Instagram, and Twitter. One hundred and forty-two middle schoolers participated in the study. Forty-five percent of participants were white, 22 Latino, 19 percent black, and 13 percent multiracial. Ninety-four percent of the focus group was either 12 or 13 years old. The youngest participants were 11, and the oldest 14 years of age.

Nearly 80 percent of adolescents who participated in this study, aged 13 and younger, have at least one social media account and spend approximately five hours online on social media, posting pictures, interacting with others, scrolling through feeds.

In short, taking and posting selfies lead to either a confidence boost or a lowering of self-esteem. Although previous research has indicated that adolescent girls show the strongest link between social media and body image, this study shows boys and girls are the same in that regard. In other words, adolescent boys are equally unhappy about their bodies.

Researchers discovered



taking and posting selfies can be associated with a negative self-image. According to the study, the more images a teenager posts on social media, the more aware they are of their appearance. Consequently, the more aware they are of their appearance, the greater the risk of developing a negative body image.

More focused on the opinions of their peers than ever before, adolescents today are at greater risk for developing negative body image and eating disorders, researchers claim.

Researchers hope their findings will inspire an important and much-needed conversation between adolescents and their parents.

“Parents should have conversations with their teens about body image and the risks associated with certain types of social media use,” University of Kentucky researchers concluded

Source: University of Kentucky News, May 2018