

# Counselor's Corner



Middle School Years

## FALL into Learning

By Holly Barrett



Executive function is the mental processing and related skills that help us plan, organize, and focus in order to complete a task or solve a problem. It can be described as “the management system of the brain.” Executive function is responsible for many skills including:

- Paying attention
- Organizing, planning, and prioritizing
- Completing tasks
- Understanding different points of view
- Regulating emotions
- Self-monitoring

Executive functioning skills begin to develop in early childhood and continue into the teen years, but can extend into the mid-twenties. Some students can lag behind their peers, and that gap becomes all the more evident during the transition from elementary to middle school, a time during which many students struggle with organization. A lack of effective executive function skills can negatively affect a student academically, socially, and emotionally. What can you do to help your student?

- Checklists: help your student make and keep lists
- Planner: teach your student how to use a planner to record due dates and tasks
- Rational: Explain to your student why and the importance of doing tasks a certain way or learning something new
- Routine: Work with your student to establish a routine
- Problem Solving: Pose questions to your student and role play how he/she would address a problem
- Goals: Develop and reflect on goals
- Rewards: Work with your student to identify rewards for meeting goals
- Self-control: Review techniques like “stop and think” and/or breathing exercises and mindfulness activities.

## A Parent’s Guide to Helping Your Child Deal With Conflict

By Sean Moore

As a parent, it can be difficult to hear that your child is dealing with conflict at school. We often want to rescue our children from that kind of hurt and frustration. However, it turns out that kids who know how to manage conflict are happier, tend to have healthier friendships, and learn better at school.



Parents can help kids manage conflict by creating a safe environment at home which allows them to express themselves openly and honestly without fear of a negative or emotional reaction, help them to manage their feelings, and help them to problem solve ways to handle the conflict. For information and strategies on helping kids deal with conflict, click on this [link](#).



## UPDATES



### Counselor Office Hours

Students can request virtual office hours to talk about academics or school related questions or concerns by visiting our Tippit Counseling app in ClassLink. We are also available to discuss personal & social situations with parent consent.

### October Guidance Focus

October is Bullying Prevention Month! The guidance focus will be on conflict resolution. Guidance / Social & Emotional Learning activities will be pushed out through the student’s Counseling Google Classroom and in their advisory classes on Mondays.

### FALL into Career Exploration

We will begin conversations with 7<sup>th</sup> & 8<sup>th</sup> grade students about career options, and high school endorsements & pathways. Activities will be available in their Counseling Google Classrooms. 6<sup>th</sup> grade can start exploring also in the Tippit Counseling app in ClassLink under Future Planning.

## Contact Us



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