

# CONSELOR'S CORNER

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## CONFLICT

Disagreements happen — with friends, classmates, or even family. What matters most is how we handle them.

Learning healthy ways to communicate and solve problems can strengthen friendships instead of breaking them.

## TIP OF THE WEEK!

Pause before reacting. Take a breath, calm your mind, and think before you respond.

Staying calm helps you solve problems without making them bigger.

"PEACE IS NOT THE ABSENCE OF CONFLICT,  
BUT THE ABILITY TO HANDLE CONFLICT BY PEACEFUL MEANS."  
— RONALD REAGAN

## WEEKLY CHALLENGE

If a disagreement comes up this week, use "I" statements instead of blaming:

"I feel \_\_\_ when \_\_\_ because \_\_\_."

It helps others understand your perspective without escalating conflict.

## DID YOU KNOW?!

Students who practice active listening during disagreements are 40% more likely to resolve conflicts without needing adult help.

Listening is just as important as talking!