

COUNSELOR CONNECTION

Pittsburg Jr. High- Krystal Kuban

January 2026

A NOTE FROM THE COUNSELOR

Happy New Year! The new year is a great time to talk to your child about their goals, whether it be academic or personal goals.

MONTHLY CHARACTER TRAIT

January - Perseverance
February - Honesty

PARENT CORNER

A little over a year ago, I started hearing more about a book called the Anxious Generation. I have been in several conversations or heard others mention that the youth of today is struggling, and there are a lot of different ideas about the cause. Each individual child and family are unique, so I wanted to share just one perspective and research to help guide our teens to continue to be healthy physically and mentally. Please consider the following:

[Anxious Generation Podcast-](#)

[Anxious Generation Website](#)

8TH GRADE GRAD PLANS

8th graders will be starting to work with our high school counselors for course selection. Their website has a lot of great information. [Website](#)

Important Dates

January 15- PHS counselors visit
8th grade SS classes

January 15 6:00 PM- 8th Grade
Parent Information Night at PHS
Auditorium

January 22-23rd- 8th Grade
Individual Meetings

PITTSBURG JR. HIGH PROGRAM

[Brochure](#)



SCHOOL HOUR CONTACT INFO

Krystal Kuban - kkuban@pittsburgisd.net