



BE HERE  
BE YOU  
BELONG

- BRENE BROWN, DARE TO LEAD

COLLEGE AND CAREER READINESS  
COMPREHENSIVE SCHOOL COUNSELING CALENDAR 2022-2023

# BE HERE

# BE YOU

# BELONG

GOOD MORNING.

EYES UP.

HEARTS UP.

MINDS SHARP.

COMPASSION  
ON FULL BLAST.

OKAY,  
LET'S GO.

- LIN-MANUEL MIRANDA

*(Lin-Manuel Miranda is an American actor, rapper, songwriter, playwright, and filmmaker.)*



HOW WILL WE INTENTIONALLY BUILD AND MAINTAIN CONNECTIONS WITH EACH STUDENT, HAVING A PERSONAL REGARD FOR THEM AS INDIVIDUALS?

# AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> First Day Back	<b>2</b> Counselor Institute Connection High	<b>3</b> GSD Admin Kick-Off New Counselor/Intern Discovery Training 8:00 - 4:00 C121	<b>4</b> SPED Institute Bennion Jr. High	<b>5</b> Network Crisis Team Training 8:30 - 11:30 Aud A, B & C	<b>6</b>
<b>7</b>	<b>8</b> New Employee Training 8:00 - 4:00 Olympus High	<b>9</b>	<b>10</b> Human Trafficking TOT - TBA Transition Course Boot Camp Matheson JHS	<b>11</b> Teachers Back GSD Opening Institute Maverik Center 8:00 - 12:00	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> First Day of School	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
		<b>Notes:</b>				

BE HERE

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**WHEN YOU ENTER**

THIS OFFICE **YOU ARE**

**AMAZING** IMPORTANT

**SAFE** **LOVED** KIND

**BRAVE** *Smart* **Special**

**STRONG** *Cared for* **Good**

**UNDERSTOOD** *Respected*

Wonderful **Extraordinary**

*You are the reason*

**I AM HERE!**



*"I am a school counselor, and I am here to provide the clear guidance, strong support, and vital information that students need to reach their education goals."*

– NOSCA

# SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Counseling Clerk Training 9:00 - 10:30 a.m. C121	3
4	5 Labor Day No School	6	7	8	9	10
<b>National Suicide Prevention Week</b>						
				ED Insights Webinar 10:00 a.m. - 12:00 p.m. Focus on Financial Aid	GSCA Fall Social 8:30 a.m. Jones Center	
11 Patriot Day	12	13	14 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	15	16	17
18	19	20	21 Professional Learning 9:30-11:30 or 12:30-2:30 Aud. A	22	23 Comp Day No School	24
<b>Parent Teacher Conference Week (HS/JHS 19, 20, 21)</b>						
25	26 Student Recess Day	27 New Counselor and Intern Training 8:30 - 10:30 a.m. D202	28 Counselor PLC 2:30 - 3:30 p.m. D202	29	30	
		<b>Notes:</b>				

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BE KIND

ACTS OF KINDNESS SHOULDN'T BE DESCRIBED AS RANDOM. THEY AREN'T ARBITRARY OR UNINTENTIONAL. THEY STEM FROM DEEPLY HELD VALUES AND STRONGLY HELD EMOTIONS.

HELPING IS AN EXPRESSION OF CARE. IT'S A DECISION THAT SOMEONE'S WELL-BEING MATTERS TO YOU - AND AN EFFORT TO MATTER TO THEM.

ADAM M. GRANT

*(Adam M. Grant is an organizational psychologist and bestselling author.)*

# OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 RMACC College Fair Westminster College 1:00 - 3:30 p.m.
College Application Month						
9	10	11	12 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	13	14	15
				Fall Recess		
College Application Month						
16	17	18	19 Professional Learning 9:30-11:30 or 12:30-2:30 Aud. A	20	21	22
College Application Month						
23	24	25 New Counselor and Intern Training 8:30 - 10:30 a.m. D202	26 Counselor PLC 2:30 - 3:30 p.m. D202	27	28 Student Recess Day End of Term	29
College Application Month						
30	31 Halloween	<b>Notes:</b>				
College Application Month						

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UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER, IT'S NOT.

- DR. SEUSS, THE LORAX



# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Counseling Clerk Training 9:00 - 10:30 a.m. C121	<b>5</b>
				USCA Conference		
<b>6</b> Daylight Saving	<b>7</b>	<b>8</b>	<b>9</b> Steering Committee 1:30 - 3:00 p.m. Aud. D/E	<b>10</b>	<b>11</b> Veterans Day	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Professional Learning 9:30-11:30 or 12:30-2:30 Aud. A	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Thanksgiving	<b>25</b>	<b>26</b>
			Thanksgiving Recess			
<b>27</b>	<b>28</b>	<b>29</b> New Counselor and Intern Training 8:30 - 10:30 a.m. D202	<b>30</b>			
		<b>Notes:</b>				

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SOMETIMES

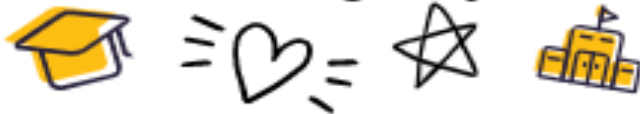
YOU NEED ANOTHER

CHANCE BECAUSE

YOU WEREN'T

QUITE READY FOR

THE FIRST ONE



SECOND CHANCE AHEAD

“There’s nothing to lose by giving a student another chance.

Nothing. NADA. **ZILCH.**

There’s only the possibility of strengthening a relationship, demonstrating the power of empathy, and instilling a glimmer of hopeful recovery.”

– Educator Justin Tarte

*(Justin Tarte is a passionate educator with a love of human resource management, student learning, and technology.)*

# DECEMBER 2022

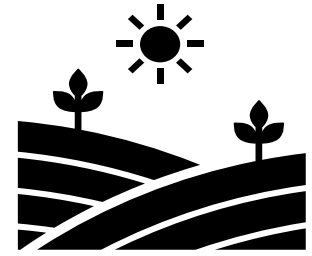
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 GSCA Holiday Social 12:00 p.m. Jones Center	14 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	15	16	17
18	19	20	21	22	23	24 Christmas Eve
				Winter Recess		
25 Christmas Day	26	27	28	29	30	31 New Year's Eve
	Winter Recess					
		<b>Notes:</b>				

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CREATE  
YOUR **LIFE**



WE THINK YOU CAN!

SEE BEYOND LIMITATIONS  
AND ENGAGE IN THINGS THAT  
HELP YOU TO SEE POSSIBILITY.

ASK QUESTIONS AND CULTIVATE CURIOSITY.

WHAT IF YOU COULD TURN YOUR GREATEST  
OBSTACLE INTO DISCOVERY AND POSSIBILITY?

# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> New Year's Day	<b>2</b> Winter Recess	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Steering Committee 1:30 - 3:00 p.m. Aud. D/E	<b>12</b>	<b>13</b> Student Recess Day End of Term	<b>14</b>
<b>15</b>	<b>16</b> ML King Day No School	<b>17</b>	<b>18</b> Professional Learning 9:30-11:30 or 12:30-2:30 C121	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Counselor PLC 2:30 - 3:30 p.m. D202	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> New Counselor and Intern Training 8:30 - 10:30 a.m. D202				
		<b>Notes:</b>				

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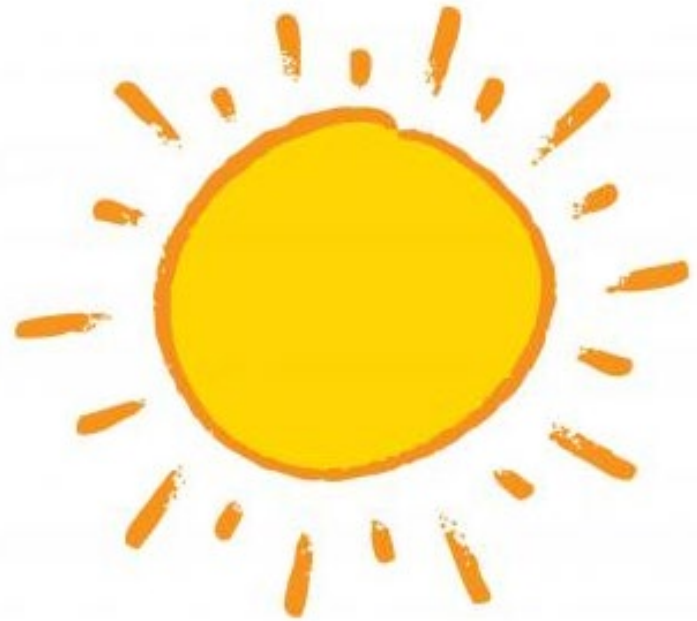
“

**Diversity** is a  
fact.

**Equity** is a choice.

**Inclusion** is an  
action.

**Belonging** is an  
outcome.



Arthur Chan (he/him) is a dynamic and intentional diversity, equity and inclusion (DEI) strategist with a background in clinical psychology. He is dedicated to making a positive impact on organizations and individuals by focusing on intersectionality, cultivating a workplace culture of inclusion and belonging, and facilitating equitable and sustainable change.

---

ARTHUR CHAN

# FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b> Groundhog Day	<b>3</b> Counseling Clerk Training 9:00 - 10:30 a.m. C121	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Steering Committee 1:30 - 3:00 p.m. Aud. D/E	<b>9</b>	<b>10</b> Comp Day No School	<b>11</b>
National School Counseling Week						
Parent Teacher Conference Week (JHS/HS 7, 8, 9)						
<b>12</b>	<b>13</b>	<b>14</b> Valentine's Day	<b>15</b> Professional Learning 9:30-11:30 or 12:30-2:30 Aud. A	<b>16</b>	<b>17</b> Student Recess Day	<b>18</b>
<b>19</b>	<b>20</b> Presidents' Day No School	<b>21</b>	<b>22</b> Counselor PLC 2:30 - 3:30 p.m. D202	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> New Counselor and Intern Training 8:30 - 10:30 a.m. D202				
		<b>Notes:</b>				

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Brian Aspinall is an educator and best-selling author and is considered one of the brightest STEM innovators in education. He is the founder of Code Breaker Inc., an organization whose mission is to engage students and amplify voices of passionate educators who believe that all students can achieve if given a fair chance. His first book, *Code Breaker*, continues to top the charts in STEM education with a focus on rethinking assessment and evaluation.

”

WE ARE BETTER TOGETHER.  
WE NEED TO LIFT EACH OTHER UP,  
NOT PUT EACH OTHER DOWN.  
WE NEED TO LISTEN TO UNDERSTAND,  
NOT TO RESPOND.  
WE NEED COLLABORATION  
NOT COMPETITION.  
WE ARE ON THE SAME TEAM.

TOGETHER WE ARE BETTER.

- BRIAN ASPINALL

COLLEGE, CAREER, AND LIFE READY



# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	9	10 Budget Spending Deadline	11
12 Daylight Saving	13	14	15 Wasatch Front Counselor Fair	16	17 St. Patrick's Day	18
19	20	21 New Counselor and Intern Training 8:30 - 10:30 Off-Site	22 Counselor PLC 2:30 - 3:30 p.m. D202	23	24 Student Recess Day End of Term	25
26	27	28	29	30	31	
	Spring Break				EC Make-Up Day	
		<b>Notes:</b>				

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THE GENIUS IS HE/SHE WHO  
SEES WHAT IS NOT YET AND  
CAUSES IT TO COME TO BE.



- PETER NIVIO ZARLENGA

“

Just the words “yet” or “not yet,” we’re finding, give kids greater confidence, give them a path into the future that creates greater persistence. And we can actually change students’ mindsets. In one study, we taught them that every time they push out of their comfort zone to learn something new and difficult, the neurons in their brain can form new, stronger connections, and over time they can get smarter.

---

CAROL DWECK

*(Carol Dweck is an American psychologist known for her work on growth mindset wherein students understand that their talents and abilities can be developed through effort, good teaching and persistence.)*

# APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> April Fool's Day
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Counseling Clerk Training 9:00 - 10:30 a.m. C121	<b>8</b>
<b>9</b> Easter	<b>10</b>	<b>11</b>	<b>12</b> Steering Committee 1:30 - 3:00 p.m. Aud. D/E	<b>13</b>	<b>14</b>	<b>15</b> Taxes Due
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Professional Learning 9:30-11:30 or 12:30-2:30 Virtual	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> New Counselor and Intern Training 8:30 - 10:30 a.m. D202	<b>26</b> Admin Assist Day  Counselor PLC 2:30 - 3:30 p.m. D202	<b>27</b>	<b>28</b>  GSCA Spring Social 12:00 Noon Jones Center	<b>29</b>
<b>30</b>		<b>Notes:</b>				

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Are you  
ready to say  
something?

*If you have a brilliant idea,  
say something with  
confidence.*

*If you see an injustice, say  
something peacefully and  
inspire others to do the same.*

*If you want to show the world  
who you are, say something  
with style.*


*Your voice can inspire, heal,  
and transform.*

*Your voice can change the  
world.*

(From Say Something, by Peter H. Reynolds)

# MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Steering Committee 1:30 - 3:00 p.m. Aud. D/E	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Mother's Day	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Counselor PLC 2:30 - 3:30 p.m. D202	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Memorial Day No School	<b>30</b>	<b>31</b>			
		<b>Notes:</b>				



HARVARD BUSINESS SCHOOL DEPARTMENT OF PSYCHOLOGY

## JUST ONE MORE QUESTION . . .

*People spend most of their time during conversations talking about their own viewpoints and tend to self-promote when meeting people. In contrast, high question-askers . . . are perceived as more responsive and are better liked. People would do well to learn that it doesn't hurt to ask.*

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How is this decision keeping you from succeeding?

*Promote a good decision*

How is this situation affecting you?

*Create understanding and empathy*

What do you like about .....?

*Develop rapport and show interest*

How can I help you today?

*Identify student needs*

Tell me your favorite part of school?

*Increase school connectedness*

What did you learn from the last big hurdle you cleared?

*Resolve a problem*

# JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Last Day of School	3
4	5	6 Counselor's Last Day	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27	28	29	30	
		<b>Notes:</b> ASCA Conference - July 15-18, 2023 - Atlanta, GA				

