
STRONGER TOGETHER



COLLEGE AND CAREER READINESS
2020-2021

. . . to truly thrive physically, emotionally, and spiritually, we need to change our pursuit of potential in the same way we need to change our pursuit of happiness: We need to stop trying faster alone, and start working to be stronger together .

– Shawn Achor
The Happiness Advantage



AUGUST 2020

Welcome Back!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31 CTE Coordinator Retreat	1
2	3 First Day Back Intern/New Counselor 8:00 - 4:00 GTI 312	4 Counselor Institute	5	6	7	8
9	10	11	12	13 Teachers Back	14	15
16	17	18	19	20	21	22
23	24 First Day of School	25	26	27	28	29
30	31	Notes:				

I wear my mask in public for three reasons.

HUMILITY: I don't know if I have COVID as people can spread the disease before they have symptoms.

KINDNESS: I don't know if the person I am near is a child battling cancer, or cares for an elderly parent. While I might be fine, they may not.

COMMUNITY: I want my community to thrive, schools and businesses to stay open, everyone to stay healthy. Keeping a lid on COVID helps us all.

Know that masks are not straightforward for everyone. Some may find covering their face very hard, or even impossible to cope with. Wearing masks may increase anxiety.

Mindful Coping Technique 5-4-3-2-1

Acknowledge your surroundings:

5 things
you can
SEE



4 things
you can
TOUCH



3 things
you can
HEAR



2 things
you can
SMELL



1 thing
you can
TASTE

SEPTEMBER 2020

Stronger Together

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Counseling Clerk Training 9:00 - 10:30 a.m. C121	5
6	7 Labor Day	8	9 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	10	11 Patriot Day GSCA Social 8:30 - 11:00 a.m. Jones Center	12
13	14	15	16 USHE Conference ZOOM 8:00 - 3:00	17	18	19
20	21	22	23	24	25 Comp Day No School	26
Parent Teacher Conference Week (HS/JS 21, 22, 23)						
27	28	29 New Counselor and Intern Training 8:30 - 10:30 a.m. D202	30 Counselor PLC 2:30 - 3:30 p.m. D202			
		Notes:				

If we want students to be their best, we need to be our best. The best way to succeed is to help others be successful. We are better together.

- Brian Aspinall

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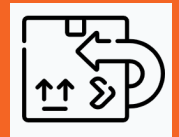
- Fear is reaction



- Courage is a decision



- Change is an opportunity



- Emotions are contagious



OCTOBER 2020

Nurture College and Career Aspirations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
College Application Month						
4	5	6	7 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	8	9	10
College Application Month						
11	12 Columbus Day	13	14 Professional Learning 9:30-11:30 or 12:30-2:30 JC/Heritage Room	15	16	17
College Application Month						
18	19	20	21	22	23 Student Recess Day End of Term	24
College Application Month						
25	26	27 New Counselor and Intern Training 8:30 - 10:30 a.m. C121	28 Counselor PLC 2:30 - 3:30 p.m. D202	29	30	31 Halloween
College Application Month						
Notes:						

Imagine a School System . . .

Where all students have the tools and resources, they need to be successful in school now and to be prepared for the future,

Where school counselors advocate for all students to become college, career, and life ready regardless of their background or economic status.

Where every person in the school community helps students develop the skills, knowledge, and aspirations critical to their future.

Future-ready students need to be creative. They need to know how to communicate their ideas and how to collaborate as problem solvers. To master these and other twenty-first-century requirements, they will need to be critical thinkers. Engaged students are more likely to internalize learning and apply it to situations beyond the classroom. So can we get our students to engage?

-- Brian Aspinall

NOVEMBER 2020

College and Career Exploration

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



Emotion Guide

EXCITEMENT, PASSION, STRENGTH, ENERGY, BOLD

CHEERFUL, ENTHUSIASTIC, FUN, CONFIDENT, PLAYFUL

HOPE, FRIENDSHIP, WARMTH, JOY, OPTIMISM

GROWTH, HARMONY, HEALTH, LUCK, PEACEFUL

TRUST, LOYALTY, DEPENDABLE, RELAXED

STABLE, COMFORTABLE, NATURE

ELEGANCE, POWER, FORMAL, SOPHISTICATED, STRONG

BALANCED, NEUTRAL, CALM, SUBTLE

The Psychological Effects of Color

Why is color such a powerful force in our lives? What effects can it have on our bodies and minds? While perceptions of color are somewhat subjective, there are some color effects that have universal meaning.

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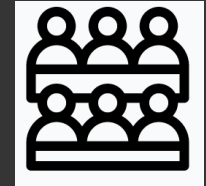
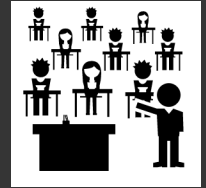
DECEMBER 2020

Social and Emotional Awareness

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

Now more than ever there is no way to standardize or systematize deep meaningful learning. Schools that do this right will literally go student by student asking themselves, “What does this child need and how do we personalize the schedule/courses/supports to ensure they thrive?”

- Amy Fast, Ed.D.



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JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day Winter Recess	2
3	4	5	6	7	8	9
10	11	12	13 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	14	15 Student Recess Day End of Term	16
17	18 ML King Day	19	20 Professional Learning 9:30-11:30 or 12:30-2:30 C121	21	22	23
24	25	26 New Counselor and Intern Training 8:30-10:30 a.m. D202	27 Counselor PLC 2:30-3:30 p.m. C122	28	29	30
31		Notes:				


NOW MORE THAN EVER COUNSELORS ARE “YEASAYERS” WHO EMBRACE POSSIBILITY!

A white speech bubble with a blue outline containing a large black question mark.

?

An orange square with a blue border containing the words "SAY YES" in large, bold, sans-serif letters. "SAY" is in light gray and "YES" is in white.

SAY
YES

A white speech bubble with a blue outline containing a black checkmark inside a square box.

Yes opens doors and potential that saying no shuts down. Saying **yes** opens opportunities that would otherwise remain closed.

A large red circle with a diagonal slash through it, containing the word "NO" in black, sans-serif letters.

NO

No is an easy response – it allows us to get on with our day, it shuts down possibility and potential quickly and turns students away.

FEBRUARY 2021

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

STRONGER TOGETHER

*Professional school counselors are ethically bound to **advocate** not only for their own programs, and for assisting students' educational, career, personal and social development, but also for social justice and equity on their campuses (Curry and DeVos, 2009).*

ONE PERSON CAN
MAKE A DIFFERENCE
AND EVERYONE
SHOULD TRY.

- John F. Kennedy

~~SHOULD.~~
~~WOULD.~~
~~COULD.~~
DID.

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

- John Quincy Adams

MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	11	12 Budget Spending Deadline	13
14 Daylight Saving	15	16	17 St. Patrick's Day Professional Learning 9:30-11:30 or 12:20-2:30 Off-Site	18	19	20
21	22	23 ACT Test Date New Counselor and Intern Training 8:30 - 10:30 a.m. D202	24 Counselor PLC 2:30 -3:30 p.m. B216	25	26 Student Recess Day End of Term	27
28 Passover	29	30	31			
	Spring Recess					
		Notes:				



EQUALITY

Equality is the condition under which all individuals receive uniform treatment, resources, and opportunities.

EQUITY

Equity is the proportionate distribution of and access to resources.

JUSTICE

Justice combats historic inequality and inequity while dismantling the systemic and structural barriers that are responsible for those inequities.

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 April Fool's Day	2	3
				Spring Recess		
4 Easter	5	6	7	8	9 Counseling Clerk Training 9:00 - 10:30 a.m. C121	10
11	12	13 ASPIRE Test Date	14 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	15 Taxes Due	16	17
18	19	20	21 Admin Assist Day Professional Learning 9:30-11:30 or 12:30-2:30 JC/Heritage Room	22	23	24
25	26	27 New Counselor and Intern Training 8:30 - 10:30 a.m. D202	28 Counselor PLC 2:30 - 3:30 p.m. B216	29	30 GSCA Social 11:00 - 2:00 p.m. Jones Center	
		Notes:				

Underrepresented groups? Groups who live in a *stereotype*? Students can achieve with growth mindset even in the face of fixed stereotypes.

- Dr. Carol Dweck



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Every child deserves a

champion

– an adult who will

never give up

on them,

who understands the power of

connection

and insists that they

become

the best they can possibly

be.

Rita F. Pierson

MAY 2021

Plan for Transitions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 Mother's Day	10	11	12 Steering Committee 1:30 - 3:00 p.m. Aud. D/E	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day	Notes:				

INSPIRE KINDNESS

A kindness rock is simply a rock that someone has taken and decorated with an inspirational message - any size or shape, as big or small as you like! The point of these cute stones is to sprinkle positivity around your community.

Once you paint a rock, the idea is to leave it somewhere for another person to find and enjoy. As we all know, sometimes a simple message of kindness can spark joy and brighten someone's entire day.

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Found at Glacier National Park



<https://inspirekindness.com/>

JUNE 2021

Relax, Rest, Rejuvenate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Last Day of School	4 EC Make-Up Day	5
6	7	8 Counselors Last Day	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20 Father's Day	21	22	23	24	25	26
27	28	29	30	ASCA Conference July 11-14, 2021 - Las Vegas, Nevada		
		Notes:				

GET TO KNOW YOUR
STUDENTS IN ANY MODALITY

Counselors get to
know their students
through:

- Individual CCR-
Planning Meetings
- Collaborative
Classroom Activities
- Timely Response to
Critical Needs

