

BMS Counseling News

Welcome back!

Throughout the year the counseling department will email newsletters. These letters will have information about important dates and programs in the counseling department. Furthermore, they will contain information to help your student be successful in middle school. Please take time to read our newsletters, we don't want you to miss any information.

Eighth grade students complete EXPLORE test

In September, the 8th grade students completed the EXPLORE® test. The EXPLORE test helps 8th graders build high school course plans that will prepare them for college and work. This test also introduces them to career options that are relevant to them. Furthermore, the EXPLORE test will help students be better prepared to take the ACT® test in high school, as they prepare for post-secondary education. Students were tested in the areas of English, math, reading and science.

Counselors will be presenting and interpreting the results to students the week of November 18th, prior to the

career fair and high school registration. Results will aid students in understanding where they are in relation to "college benchmarks" in English, math, reading and science. The results will also identify areas needed for improvement. Additionally, the results will include feedback from the career interest portion of the EXPLORE test. This will help students plan for high school and begin career exploration.

Please take time to review the results with your students. Contact the counseling office with any questions about the EXPLORE test.



Communicating with your child

As counselors, we hear from both parents and students about how hard it is to maintain open communication between parent and child. Communicating openly with your child means you are available to talk whenever your children need you and to talk about whatever your child needs to discuss. Here are some tips to help improve communication at home:

- Ask open-ended questions. For example, "How did you feel about your test grade?", "What was one good thing that happened in school this week?"
- Engage in an activity during the conversation, it can make it easier. For example, play a game, go for a walk, play catch.
- Pay attention to cues that your child wants to talk. If he/she is lingering, he/she might have something to say.
- LISTEN! Be patient as you are trying to communicate and listen. Listening is the most important part of communication.

Counseling Recap.:

- During September and October counselors met individually with 332 students.
- Counselors had 100 student contacts in small group counseling.
- Counselors presented 5 different lessons in the classroom, covering 21 different class periods.

Tips to support academic skills

- Make sure your student is using their iPad to help them manage what they have for homework. Have them show you how they use their iPad to do this.
- Help your child establish a homework routine at home including a “homework time” that is consistent.



- Set up a homework area at home including homework supplies like pencils, a calculator, etc.
- Have your student check her grade online at home. Make it part of a weekly routine to look at grades together.
- Encourage your student to talk with teachers if he has questions or is having problems in class.
- As students become more involved in extra-curricular activities, it is important to help them manage their time and continue to make academics a priority.

- Find a way to celebrate academic success by offering rewards such as family game night, a special lunch with mom or dad. Rewards do not need to be monetary and are most effective if students can spend time with an adult and if there is consistent follow through.
- Communication between home and school is an important tool to maintain your child’s academic progress. A good place to start is contacting your child’s Tiger Time teacher.

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We’re on the web: visit the “counseling office” tab on the BMS webpage for more information.

Counselors in the classroom

This fall we visited health and science classes. Our seventh grade health lessons focus on emotions and bullying. These lessons help students identify what emotions are and how they are related to choices they make. Our bullying lesson focuses on identifying the roles involved in bullying situations (bully, victim and bystander) and how to get help in bullying situations. At the end of our lesson 100% of students stated that if they knew about or were victims of bullying they would tell an adult.

The health lesson in 8th grade revolves around depression and suicide. We review symptoms of clinical depression and warning signs of suicide. Suicide can be prevented if people notice warning signs and those who are suicidal are

encouraged to get help. Of the eighth grade students surveyed, 100% were able to identify three warning signs of suicide at the end of the lesson.

In addition to interviews, sixth grade students completed a lesson on MCIS Jr. This is a career planning website used at Boeckman Middle School. Students explored the program and completed a monthly budget, which provided them with an annual income needed to support their lifestyle. Students can login from home using their username and password at: www.mncis.intocareers.org



6th grade parents: Ask your student what was one thing that surprised them about the Reality Check they completed in science class? And how much money do they need to earn each year to support their monthly budget?