

MHS COUNSELING CONNECTIONS



Student Services updates for the students, parents/guardians, and
staff of
Millbrook Magnet High School

UPCOMING DATES

FEBRUARY 2021

- Feb. 1st- Feb. 5th: National School Counseling Week
- Feb. 3rd: Open House
- Feb. 8th- Feb. 12th: Junior Classroom Guidance
- Feb. 11th: Junior Parent Night
- Feb. 16th: Parent-Teacher Conferences 2:30 to 5:30pm (Google Meet)
- Feb. 18th: Curriculum Fair
- Feb. 22nd- Feb. 26th: Freshman Classroom Guidance
- Feb. 23rd: On Campus ACT (Juniors Only)

MARCH 2021

- March is Registration Month!
- Mar. 4th: Sophomore Parent Night
- Mar. 29th- Apr. 2nd: Spring Break

Happy February Wildcats!

We hope you are off to a great start for this Spring Semester of 2021! February 1st through 5th is **National School Counseling Week!** This week provides a chance for our Millbrook community to recognize all of the important work our school counselors do everyday. Make sure to **reach out** and thank a counselor this week for all they do for students and our school.

The counselors are available **everyday** during lunch on Google Meet for **QAC: Quick Academic Counseling, Monday-Friday**, to answer any questions you might have. Use the code **mhsstudentservices2021qac** to log on.

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quick tip:

SOCIAL AND EMOTIONAL LEARNING

As we celebrate National School Counseling week, we appreciate our counselors for their expertise in supporting the social and emotional learning needs of our students! Here at Millbrook High, we recognize that school is more than just academics, which is why we value and emphasize building social and emotional skills for our students. This year more than ever, on behalf of Student Services and the Millbrook Learning Community, we have prioritized social and emotional learning professional development for our teachers to support all students. To be our best for our students, all instructional staff at Millbrook High School are currently engaging in professional development focusing on Adult Social and Emotional Learning.

You may be wondering, what is social and emotional learning? The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines social emotional learning (SEL) as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The building blocks of SEL are known as the five competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. This challenging school year reminds us all of the importance of these skills, and our staff is working on strengthening their own competencies through professional development and collaboration in Professional Learning Teams. Authentic SEL implementation is most effective when adults are grounded in these five competencies and better prepared to strengthen these competencies in our students. If you want to learn more about SEL implementation, please check out the following resources:

- <https://casel.org/what-is-sel/>
- Twitter: @caselorgNC
- [DPI SEL Implementation](#)



Submitted by Charlotte Nagy, School Psychologist
(cnagy@wcpss.net)

Intervention Tip: A Learner Profile: The Importance of Self-Definition

By: Dr. Brooksie Sturdivant, Intervention Coordinator

As we begin second semester, students have four new classes and four new teachers. This transition offers an excellent opportunity for a fresh start. Whether they experienced success last semester or not, students can figuratively press reset, redefine, and reintroduce themselves for even greater success and a strong finish to the 2020-2021 school year.

So what does it really mean to be a student? A student is simply a person who is studying at a school or college in order to gain knowledge of a specific subject(s) and/or to enter a particular profession. But let's take a closer look. The term student is derived from the Latin term *studere*, which means "to busy oneself with, to desire, to be eager for, and to strive." The term also relates to the Latin term *studium*, which means "painstaking application."

Learning is not easy; it requires discipline, diligence, and sacrifice. Now is a great time to revisit purpose, interests, and goals for a renewed sense of motivation. Below are a few resources to aid you in the process of self-definition. These frameworks outline various attributes, which can help our students consider where they are and where they would like to be as scholars moving forward.

IB Learner Profile Chart- The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities. This **Video** offers a summary of the 10 attributes.

16 Habits of Mind Chart and **Video**- "Not only are we interested in how many answers students know, but also in knowing how they behave when they DON'T know. Habits of Mind are performed in response to those questions and problems the answers to which are NOT immediately known. The critical attribute of intelligent human beings is not only having information, but also knowing how to act on it."

~Arthur L. Costa, Ed.D. Professor Emeritus, California State University

This article on the **7 Habits of Highly Effective Teens** offers seven tips from author Sean Covey for overcoming challenges. Here is a **Poster** reflecting the 7 Habits with positive affirmations for each.

Our mindsets and effort play a huge part in our success. Let's encourage our students to believe they can always improve, catch up, and achieve their dreams and empower them with the tools to do so.

NEWS YOU CAN USE

Career Services: Career Connections 2021

Are you interested in career exploration? If so, this virtual event is perfect for you. Join us for Career Connections 2021 on February 24th (asynchronous day). The virtual event will kick-off at 9:00 am with a wide selection of 30-minute career readiness workshops. Then from 11:00- 12:00, students will have the opportunity to meet virtually with industry professionals during an Industry Fair showcasing the 16 Career Clusters. Click on the flyer below to register for the session!

For more information, contact us at dfrazier1@wcpss.net or dkaushik@wcpss.net.

Thanks in advance for
your help,
Darlene Frazier & Dana
Kaushik



SAVE THE DATE

WEDNESDAY
24
FEBRUARY
2021

Career Development Sessions

Career and Technical Education will be celebrating CTE Month by hosting Career Connections 2021 on February 24, 2021 for students grades 8-12. The virtual event using Booth Central will kick-off at 9:00 am with a wide selection of 30-minute career readiness workshops hosted by WCPSS Career Development Coordinators. From 11:00-12:00, students will have the opportunity to meet virtually with industry professionals during an Industry Fair showcasing the 16 Career Clusters. For more information, contact your **School Career Development Coordinator**.

To register, click [HERE](#)

NEWS YOU CAN USE

QAC: Quick Academic Counseling

Student Services hosts **Quick Academic Counseling (QAC) Monday-Friday from 10:30AM to 11:05 AM**. This is an opportunity for students to pop in during lunch to ask questions about careers, college planning, registration, and academics. The Google Meet code is:
mhsstudentservices2021qac.

Student Services is open **daily from 8 am to 3 pm** to help students and families. Appointments with counselors and other Student Services personnel can be made by email, which can be found on the last page of this newsletter.

Let's Connect!

FOLLOW US:



Twitter

@mhsstudentservs



Instagram

@millbrookwildcats

ACT & SAT Test Dates (2020 - 2021)

ACT Test Date	Registration Deadline	Scores Available
April 17, 2021	March 12, 2021	Apr. 27- May 7, 2021
June 12, 2021	May 7, 2021	June 22- Aug. 9, 2021
July 17, 2021	June 18, 2021	July 27- Sep. 3, 2021



SAT Test Date	Registration Deadline	Scores Available
**March 13, 2021	February 12, 2021	March 26, 2021
**May 8, 2021	April 8, 2021	May 21, 2021
June 5, 2021	May 6, 2021	July 14, 2021

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** indicates Millbrook will be a testing site.

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