

# MHS COUNSELING CONNECTIONS



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

## UPCOMING DATES

### DECEMBER 2020

- Dec. 7th-10th: Freshman Classroom Guidance
- Dec. 14th-17th: Early Grad Exams (for students attending college in the spring)
- Dec. 17th: Futuro Summit
- Dec. 21st: Workday
- Dec. 22nd- Jan. 3rd: Winter Break

### JANUARY 2021

- Jan. 12th: IB EXPO @ 6:30
- Jan. 19th: Early Grad Practice @ 2-4pm
- January 21st: Early Grad Ceremony, time TBA
- January 26th: PSAT for Juniors only

# Happy December and January Wildcats!

We have almost made it to the end of the first semester! You all have worked so hard to get here and we are so proud of you! In the next few weeks, try to stay organized and set goals for yourself to make sure you are ready for the end of the semester.

As this semester comes to an end, remember to finish strong. Keep up with your work and assignments, remember to ask for help when you need it, and remember all of the counselors, teachers, faculty, and staff that are here to support you.

We hope you have a great winter break and we look forward to seeing you in January rested and ready to learn! Stay safe!

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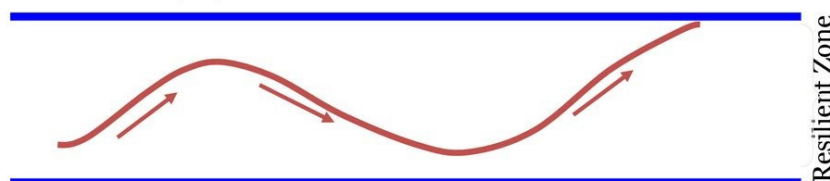
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## STRATEGIES FOR REDUCING STRESS AND BUILDING RESILIENCY

Living through a pandemic can put stress on our minds and bodies, but fortunately there are readily available strategies we can use to help regulate how we are feeling. Several of our Student Services staff members are trained in the Community Resiliency Model (CRM) which includes 10 “Help-Now!” strategies to help adults and students return to the “resiliency zone” - the zone where you are calm but also alert, you’re not too nervous or angry, and not too depressed or checked out. To gain a better understanding of CRM, [click here to watch a 35 minute video by WCPSS](#). Next time you are bumped out of your resiliency zone, try a strategy such as grounding your body, drinking a glass of water, or naming six colors or shapes you see. [Click here to learn more about Help Now Strategies!](#) Please reach out to Mrs. Nagy, Mrs. Casiano, or Mr. Dowden to learn more about CRM.

### ***What is the Resilient Zone?***

- ❖ A state of well-being in mind, body and spirit
- ❖ When in the Resilient Zone one is able to handle the stresses of life
  - ❖ You can be annoyed or even angry but do not feel like you will lose your head
  - ❖ You can be sad but not feel like you will be washed away by the river of sorrows



# Intervention Tip: Student Engagement for Content Knowledge and Skill Building

By: Dr. Brooksie Sturdivant, Intervention Coordinator

With Quarter 1 behind us, there is one quarter left in this semester for students to earn course credit for the four courses they are currently taking. Even if they did not earn a passing grade during Quarter 1, hope is not lost. With just a few adjustments, they can earn a passing grade for Quarter 2 and pass their final exam to then possibly pass the course overall.

One such adjustment relates to student engagement. Student engagement is not just simply logging in, showing up, and listening. It is certainly not logging in, pretending to be present, and disappearing. Instead, students are encouraged to attend every class every day with high expectations and two goals in mind: 1) to gain new knowledge and 2) to develop new skills. **To improve engagement, encourage your student to:**

- **ASK QUESTIONS** when they don't understand or when they want to know more about the topic. Be reminded that all questions are welcomed; more than likely many people are wondering the same thing, so if you are unsure or confused, ask about the content, clarity on the steps for a skill, or details about an assignment.
- **TAKE NOTES** during the live instruction sessions. Listening sometimes is not enough to truly understand a concept. Notes help with processing the information presented. Students can organize notes in ways that help them better understand, using bulleted lists, charts, color-codes, symbols, etc. If typed, they can use various font sizes and styles with headings, sections, etc. Notes are also useful for studying and connecting different concepts from day to day for an in-depth understanding of the topics presented.
- **VOLUNTEER** to practice live to showcase their skills or demonstrate understanding. Volunteering offers an opportunity for real time feedback on what they did well and suggestions for improvement. Sharing examples helps foster a personal connection with the content, which makes the information more memorable and relevant.
- **READ & PRACTICE** beyond the live class time. There is so much to know about a topic, a teacher can never teach it all in one class period. Students must read, annotate (take notes about what they read), and practice new skills on their own time.

These are just a few suggestions. Ultimately, student engagement involves curiosity, motivation, and interest and results in a deeper understanding of the content and an improved ability to apply the skills learned.

**INTERVENTION OPPORTUNITY:** Students who did not earn a passing grade during Quarter 1 will be invited to review concepts from Quarter 1 and to receive additional support during Quarter 2 for those classes. We truly want each and every student to master the course content presented. Please encourage your student to attend those sessions.

# NEWS YOU CAN USE

## QAC: Quick Academic Counseling

Student Services hosts **Quick Academic Counseling (QAC) Monday-Friday from 10:40 to 11:40 AM**. This is an opportunity for students to pop in during lunch to ask questions about careers, college planning, 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!

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@millbrookwildcats

# ACT & SAT Test Dates (2020 - 2021)

ACT Test Date	Registration Deadline	Scores Available
December 12, 2020	November 6, 2020	Dec. 22- Feb. 5, 2021
February 6, 2021	January 8, 2021	Feb. 16- Apr. 1, 2021
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
December 5, 2020	November 5, 2020	December 18, 2020
**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.

## STUDENT SERVICES STAFF

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