

School Counseling Program

Values Matter

2023-2024

Nancy Morales M.S



Dear Parents & Guardians,

Welcome to a new and exciting school year! I am looking forward to working with you at Dream Academy this year! I would like to share some of the services the counseling program has to offer following the ASCA National Model. These services promote personal and school growth, which in turn raises overall academic achievement. Some of the counseling services include and are not limited to:

- Working with ALL students to encourage a safe school climate of trust and respect.
- Provide Individual and Group Counseling (Brief, solution-focused counseling) as needed.
- Classroom Guidance provided for specific classrooms based on their needs.
- Crisis Intervention and community resources referral as needed.
- Monthly Counseling Newsletter.
- Values Matter Curriculum (Monthly themes, lessons and activities to teach students to make good choices, care about themselves and others).
- Bullying Prevention activities and lessons.
- Career Exploration.
- High School Advisement (creating and working towards a Post Secondary plan).
- Provide a Social Emotional Learning component to all lessons.

HOW TO CONTACT YOUR COUNSELOR?

Email: Nancy@dreamacademyschools.org

Phone: (727) 900-5049

SEPTEMBER



Creating a Successful School Year

Students:

- Go to bed early so you wake up refreshed and ready for school.
- Start each day with a good breakfast.
- Have a quiet, well lit study area away from noises and distractions.
- Use a timer or any time management tool to manage your time and tackle school work and tasks in a timely manner.
- Make use of all communication tools available to ask questions and get clarification on assignments.
- Work on your homework promptly (avoid procrastination).
- Take breaks when needed.

Parents:

- Set and reinforce a specific and reasonable bedtime.
- Monitor your child's daily work.
- Communicate with teachers on a regular basis.
- Set a homework schedule time for the evening or weekends.
- Become familiar with all Dream Academy resources.
- Ask for help when needed (we all here to help and support you!)
- Encourage your child to explore his/her interest outside of school (Look for social, athletic or academic opportunities to connect with others in the community)

OCTOBER

RESPONSIBILITY

Being a student can be difficult. You have to balance your schoolwork with your other responsibilities, With practice, though, you can learn to be a responsible student and develop skills that will help you throughout the rest of your life.

But what is Responsibility? Responsibility is being dependable, organized, and punctual, as well as being accountable for your words and actions.

How can I show responsibility at school?

Responsible students demonstrate the following behaviors...

- Follows school rules or codes of conduct.
- Accepts the results of their actions.
- Solves problems themselves in addition to asking for help from others.
- Meets deadlines and due dates
- Helps others in class when asked.
- Encourages cooperation and model good learning habits.
- Works independently.
- Learns from their mistakes as well as those of others.
- Independently sets goals and monitor progress.
- Is polite,, nice and respectful to adults and peers.

Becoming a responsible student takes time! It is something you learn as you choose to do the right thing and accept responsibility when you do not. The more you do it, the better you will become at it!

NOVEMBER

GRATEFULNESS

What is gratefulness and how can I show gratitude to others?

Gratitude is the ability to recognize and acknowledge the good things, people, and places in our lives. For example, if your friend goes out of their way to do you a favor, you would probably feel grateful towards them.

Gratitude is a positive emotion, so it feels good to be grateful. Because gratitude involves recognizing other people for their kindness, feeling and expressing gratitude can help strengthen relationships. And because of all these factors, people who feel and express gratitude more often tend to feel happier overall.

WHO or WHAT are you GRATEFUL for and WHY? Did something good happen recently that you feel grateful for? Do you feel grateful for someone? It can be something special or important, or it can be something small—as long as it's a good thing or makes you feel good.

How do I express gratitude to others? Here are some ideas:

Listen without interrupting when others want to share something with you

Offer help when someone needs a helping hand

Write the person a nice letter or give a small gift

Do a favor to someone without expecting anything in return

DECEMBER

KINDNESS

Doesn't it feel great when someone is kind to us? But what is really kindness? Kindness is simply treating others with respect and compassion. It is "treating others as we would like them to treat us" Showing kindness is so simple! You can do things like:

Smile and compliment others

Share your class notes with a classmate who needs extra help

Help your parents at home

Hold the door open for others

Showing kindness to others not only will make them feel good, but it will make YOU feel good as well!

Let's challenge ourselves to do AT LEAST ONE act of kindness a day. Are you in to the challenge?



JANUARY



Developing PERSISTENCE

What is Persistence?

I am glad you asked! Persistence is the continued effort to do or achieve something despite difficulties, failure, or opposition. It is not giving up when things get difficult. It is having GRIT, unyielding courage in the face of hardship.

These are some examples of being persistent:

- ❖ You do what you say you would do (even if you have lost interest).
- ❖ You finish what you start (Ex: You are tired, but still, you finish your school work).
- ❖ Keep trying to get better at something even if it is difficult.
- ❖ Does not get distracted when doing homework and look for excuses not to finish.

Develop persistent thinking

- ❖ I can do it (when work is hard, I can do it).
- ❖ Giving effort (The harder I try, the better I will get.) It won't happen immediately but it will happen.
- ❖ Working hard (to be the best I can means that I sometimes have to do things that are not easy or fun.)

“YOUR BIG EFFORTS WILL RESULT IN BETTER LEARNING AND SUCCESS”

FEBRUARY



RESPECT

What is the big deal about Respect? Respecting ourselves and others is very important for our wellbeing.

We show respect when we have regard for the feelings, wishes, rights, or traditions of others.

How can you show respect in school?

- ★ Listen to your teacher and others without interrupting.
- ★ Understand someone else's point of view without criticizing or trying to change their opinion.
- ★ Be kind and polite when you interact with others. Think before you speak!
- ★ Honor and show consideration and value to people, property, the environment, and yourself.

“Treat people exactly as you would like to be treated by them.” – Golden Rule.

MARCH

HONESTY

The TRUST Factor

Being honest means that you do not lie, steal, or deceive in any way.

Examples of what honesty is:

- You didn't finish your school work and your mom asks. You tell the truth and finish the work.
- Your dad asks you not to play video games until after you finish your school day. You do it anyways. When caught, you admit you did it and promise not to do it again (and keep the promise!).
- Your friend tells you it will be ok to cheat on a test. You tell him no, and take the test without cheating.
- Your friend leaves something in your house. You call her and let her know so she can pick it up.

Consequences of being dishonest:

- A dishonest person does not have many friends.
- Dishonesty brings punishment.
- Being a dishonest person brings shame to you and your family.
- Being dishonest and having to cover lies, will cause you stress.



APRIL

FAIRNESS

Being fair means treating others in an impartial manner, treating everyone the same way, justly and equality.

What would be the OPPOSITE of being a fair person?

- Showing prejudice or discrimination towards someone or something.
- Making decisions by playing “favorites” (showing favoritism instead of by the person’s merits).
- Not playing by the rules.
- Taking advantage of people.



MAY



PURSUING EXCELLENCE AS A STUDENT

Studying is not always easy. It can be tough to keep track of all the things you have to do and assignments that are due. This may cause poor grades or a lack of understanding of the material. In order to avoid this, there are some habits that successful students have that you can try out, too!

- ❑ Learning how to study- know what it is you need to know and how to get that information.
- ❑ Learn to take notes- Take notes on the important points and information you need to remember.
- ❑ Study with purpose- Stay motivated and complete all assigned assignments.
- ❑ Get a planner or schedule notebook- It will help you stay organized and aware of your tasks.
- ❑ Stay up to date with the work- Work on assignments promptly and avoid procrastination
- ❑ Use your time wisely- Concentrate on the assignments and work that are most relevant
- ❑ Ask for help- You are not alone! Communicate with your teacher, success coach or counselor.

To be successful, you need to have passion for what you are doing. Learning what you're capable of can be fun and exciting, so it's essential to keep your goals light and fun to have an emotionally positive experience and keep moving forward without losing perspective. Don't give up! You will achieve what you want to achieve if you put your mind to it