

February 2017

# PHMS School Counseling And Advisement News



## What are we up to?

- On February 2nd, 7th and 8th grade students had the opportunity to job shadow a parent or relative in order to experience the workplace firsthand. This day is designed to give students a short-term education experience of a business, industry or agency. The student follows or "shadows" the employee for the day to better understand the requirements of a particular job or career.
- As we approach Spring and finish up our IGP conferences, we will be getting back into the classrooms to work with our students on various topics. In 6<sup>th</sup> grade, we will cover Learning Styles and have students complete a learning styles inventory so that they will be able to identify their own learning style and strategies to meet their own personal needs when it comes to learning and studying. In 7<sup>th</sup> grade, we will address Jobs of the Future, further exposing students to the array of 2 year degree programs and jobs. In our 8<sup>th</sup> grade classrooms, we will be talking about Healthy Relationships and Coping. We also will address Bullying expectations and procedures with each grade level as a refresher. We continue to encourage students to hold themselves and our school community to high standards with expectations of respect, courage and kindness.
- As February comes to a close, the school counselors are continuing to work diligently on their 8th grade Individual Graduation Plan (IGP) conferences. During the IGP meeting, school counselors discuss the following information with students and their parent(s): (1) scholarships and grants through the SC Commission on Higher Education, (2) 8th grade placement for high school World Language courses, (3) requirements for a high school diploma and four year colleges and universities, (4) SC Uniform Grading Scale conversions, (5) courses available at the Lexington Technology Center and through SC/Lexington One's virtual school, (6) Lexington One's Centers of Advanced Study, and (7) Lexington One's Curriculum Framework. After discussing this information, the school counselors discuss career pathways and have students identify one or two career clusters that they would like to pursue in high school and beyond. At the conclusion of the meeting, students make their 9th grade course selections based on recommendations from their 8th grades teachers and career interests. If 8th grade students or parents have follow-up questions or would like to make changes to their course requests, we encourage you to contact your school counselor.

## PHMS Ambassadors:

One purpose, goal, and expectation of being a PHMS Ambassador is serving our school and community in various ways. Our current Ambassadors have gone above and beyond in serving not only our school, but another school as well.

During the months of Novem-

ber, December, and January, our fabulous Ambassadors visited Pleasant Hill Elementary School once a week to help first graders reach their "100 Book Club" goals. These weekly visits consisted of our Ambassadors pairing up with one or two first graders in the library of PHES to focus on reading age appropriate

books.

The Ambassadors and first grade students loved the one on one time they had together. We plan to continue these visits to PHES during the last few months of the school year.

## Parent Tip of the Month:

One of our program goals this year is to educate our students on the signs of depression as well as identify symptoms that might require professional support. Teen depression is a serious health problem. Although certain amounts of moodiness are typical for this age group, persistent and continuous changes could be depression. Below are signs and symptoms of depression in teens:

1. Sadness or hopelessness
2. Irritability, anger, or hostility
3. Tearfulness or frequent crying
4. Withdrawal from friends and family
5. Loss of interest in activities
6. Poor school performance
7. Changes in eating and sleeping habits
8. Restlessness and agitation
9. Feelings of worthlessness and guilt
10. Lack of enthusiasm and motivation
11. Fatigue or lack of energy
12. Difficulty concentrating
13. Unexplained aches and pains
14. Thoughts of death or suicide

Teens with depression may not appear sad. More prominent symptoms may be irritability, anger and agitation. If you notice any of these signs in your child communicate your concerns in a loving, non-judgmental way. Focus on listening, acknowledge their feelings, and get professional help if the depression seems severe.

Source:

<https://www.helpguide.org/articles/depression/teen-depression-signs-help.htm>

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