

# COUNSELING CORNER

*The Middle Years*

## Naviance & 4 Year Plans

Naviance is a tool that all of our Johnston students 8th-12th grade are utilizing for college and career planning. This tool has surveys, career information, college information, as well as a course planner that 8th graders are using to create their 4 year plans. These plans are updated and changed each year of high school to match students evolving interests. This is **not** course registration, but rather a tool to help them as they select their classes in January. Currently, our counselors are making their way to each 8th grade More Core classroom to work with our students on creating their 4 year plans.

Our 9th grade students met with counselors in October during their PE classes to update and edit their plans. Please encourage your student to log in to their account to show you what they have been working on- 8th grade parents will be given access upon the completion of 4 year plans, and 9th grade parents were given access at the end of the school year.

<http://student.naviance.com/johnstonsenior>



## 8th to 9th Grade Scheduling Timeline for 2020-2021 School Year

January 3- PRIDE teachers play screencast video of course registration process (requirements, timeline, process)

January 7- Parent meeting in the evening following 7th grade meeting 6:30-7:30

January 8- Registration window opens for students to begin inputting classes

January 10- Current 8th graders have time in PRIDE to finish inputting course selections

January 13- Counselors in PE to check course requests

January 14- Counselors in PE to check course requests

## Student Assistance Program

Johnston has a partnership with the Counseling Center at Youth Homes to provide free short-term counseling, substance abuse evaluation and counseling, and connection to long-term therapy services or medication providers. Parents, call or email to make an appointment. 515-587-1735 [sap@yhma.org](mailto:sap@yhma.org) and [eap@yhma.org](mailto:eap@yhma.org).

School admin, nurses, counselors and at risk team can help parents by requesting urgent apt. availability. Please click the brochure link for more information.

[https://cdn.johnstoncsd.org/wp-content/uploads/2018/10/16844\\_SAP\\_Brochure.pdf](https://cdn.johnstoncsd.org/wp-content/uploads/2018/10/16844_SAP_Brochure.pdf)



## **Stress Management Small Group**

Our counseling office is currently running a small group to help students who need assistance in building coping skills for stress management and is facilitated by our school social worker. Many students who participate in this group have self-identified as wanting to participate in this group.

If this is something you see as a need for your student, please contact Julie Totten at [jtotten@heartlandaea.org](mailto:jtotten@heartlandaea.org).



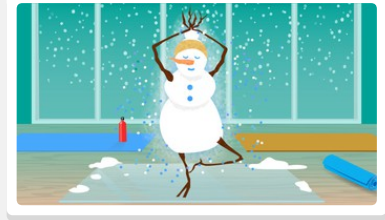
## CONGRATS!

Congratulations to JMS 9th graders, Sydney Cracraft and Anthony Glay for being recognized by the Optimist International Youth Appreciation for their positive contributions to JMS! Great job!



## Managing Stress throughout the Holidays

The holidays can be a stressful time of year for a lot of our students. Here are some apps and tips for managing stress!



## Apps & Tips

### Apps:

Stop Breathe Think  
Breathe 2 Relax

### Tips:

Exercise- stay active  
Keep a regular routine  
Get plenty of sleep  
Allow down time for relaxing  
Acts of Kindness- do something for someone else  
Allow alone time and space when needed



## Johnston Middle School

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🌐 [johnstoncsd.org/school/johnst...](http://johnstoncsd.org/school/johnst...)