



COUNSELING CENTER NEWSLETTER

Quarter 4 April 2017

PLAN FOR COLLEGE AND CAREER READINESS

Over the last several months we have been holding our PCCR meetings with students and parents. During these meetings students developed a four-year course plan to meet graduation and scholarship requirements, got college information, financial aid and scholarship information, and career planning information.

Spring is in the air! It's getting warmer outside and daylight is staying around a bit longer! Here at Elk Ridge Middle we are focusing on finishing the year strong and preparing our students to advance to the next grade level. Students have already chosen classes for next school year and the high schools have met with our 9th graders who will be entering 10th grade. Be sure to visit our Counseling Center [webpage](#) often to find out what's going on next!

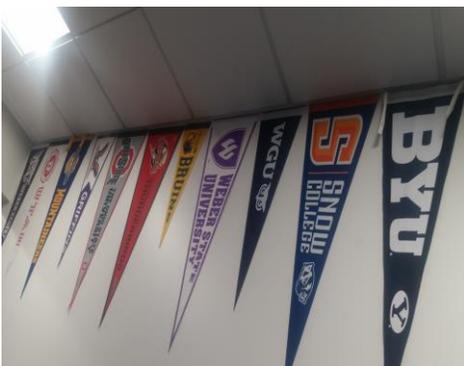
RESILIENCY IN ADOLESCENTS

The potential for happiness and greatness lies in every child, and this will mean different things to different kids. While we can't change that they will face challenges along the way, we can give them the skills so these challenges are not debilitating. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, and more adaptable. The great news is that resilience is something that can be nurtured in all children.

An adolescent who is resilient has an advantage when it comes to meeting the challenges and responsibilities of adulthood, even if he or she has experienced circumstances such as poverty, health problems, or strained family relationships.

Research has identified a number of characteristics of adolescents that are associated with resilience. Among these



characteristics are: Having one or more adults providing caring support; An appealing, sociable, easygoing disposition; Good thinking skills (“intelligence” as traditionally defined, but also judgment and social skills); One or more talents (things a person does really well); Belief in oneself and trust in one’s ability to make decisions.

“Some research suggests that resilient adolescents may be in a better position to avoid risky behaviors, such as violence, substance abuse, and adolescent pregnancy, than are other adolescents.”

Suggestions To Increase Resilience

There are several things you can teach your child to help increase resilience. These include relationships, letting them know that it’s okay to ask for help, exercise, building feelings of competence and a sense of mastery, nurturing optimism, encouraging them to take safe, considered risks, etc.

For more information and helpful suggestions you can visit these websites:

Heysigmund.com , Child Trends , Office of Adolescent Health

SAGE TESTING

Students will begin their Student Assessment of Growth and Excellence (**SAGE**) testing on **May 7th** and finish by **May 18th**.

The purpose of this testing is to measure student proficiency and understanding of Utah’s Core Curriculum in Language Arts, Mathematics and Science. The data obtained in these assessments is utilized by teachers and administrators to plan instruction, review student progress towards learning targets, provide teacher feedback, inform potential course placement, provide important achievement data to students and parents, and allow for public reporting about school quality.

Those who wish to opt-out of any SAGE test should see the Counseling Center for the required form.