**School Counselor Connection**

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Westborough Middle School

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**Notes from the Counselors:**

**Hello parent(s)/guardian(s)!**

Wow, we are already more than halfway through the school year! It’s been great welcoming new students to Westborough, seeing students flourish as they start new electives in the Spring semester, and helping 8th graders apply to private High Schools.

We have a lot of exciting activities planned for month of February, including National School Counseling Week, which is the first week of February. This is a good opportunity for us to remind the students why we’re here and what our role is within the school community. We enjoy visiting the classrooms and doing activities with the students each afternoon at lunch.

Thank you for attending our “Coffee with the Counselors”. We would like to host another one during the evening hours to better accommodate parents work schedules. We might change to “herbal tea” and are interested in hearing about topics you’d like to discuss. We hope to see you at our College Night!

~The Counselors

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**UPCOMING EVENTS**

Come join us for COLLEGE NIGHT!

When? Wednesday **February 17 5-6:30pm**

Where? M.U.R. at Westborough

What? We will be teaming up with the Alta Loma Counselors to discuss general information about College including: high school course requirements, financial aid, scholarships, and the application process.

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**Girls On the Run!**

Ms. Gonzalez & Ms. Phelps are getting ready for our 2016 Season. We are currently accepting applications for girls interested in training for the 5k. You must be able to commit to practice every Mon/Thurs 3:15-4:20pm from March 7-May 22.

*Registration must be complete by February 17! See us for more info. Pick up an application in the Main Office.*

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**Important Dates:**

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<tr>
<th>Date</th>
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<tr>
<td>February 1-5</td>
<td>National School Counseling Week</td>
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<td>February 4</td>
<td>High School Visits 9-9:55am</td>
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<td>February 5</td>
<td>8th Grade Dinner Night 6-9pm</td>
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<td>February 17</td>
<td>College Night @ Westborough 5pm</td>
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<td>February 26</td>
<td>Talent Show 6-8pm</td>
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SAVE THE DATE!
TALENT SHOW

Friday, February 26
6 – 8pm
@ Westborough (in the M.U.R.)

Come out and support Westborough students as they showcase their unique talents and abilities during our annual fun-filled school event. There will also be a surprise performance by the WMS Staff 😊

San Diego State University (SDSU)

Location: San Diego, CA (urban setting)
Established: 1897
School Colors: Scarlet & Black
Mascot: Aztec Warriors
Sports: 7 men’s/12 women’s NCAA Div. 1
Campus Size: 28,334 undergrads (large)
Popular Majors: Psychology, Criminal Justice, Business Administration, Economics, Mechanical Engineering, Communications & Liberal Studies
Motto: "Leadership Starts Here"

Counselor Tool Box

Helping Your Child Have a Growth Mindset

We used to think that our intelligence was fixed, meaning we are either smart or we aren't. Scientists have proven that this is not true. Our brain is like a muscle, the more we use it, the stronger (and smarter!) our brain becomes.

A person with a growth mindset: embraces challenges, learns from mistakes and believes their intelligence can change if they work hard.

1. **Praise the effort, not the grade.**
   Instead of saying "you’re so smart!" praise the effort and persistence it took (ex. "Wow! You really worked hard on that project.") When you do this they will be more determined to continue working hard. Praising your child’s hard work will encourage them not to give up.

2. **Let them struggle.**
   As hard as it is to see your child struggle, they need to learn how to work through frustration and failure. If you swoop in and save them before they fail, they will never learn how to deal with failure, which is a part of life. While they’re struggling, praise their effort! Instead of saying, "I can't do this!” you can say, "I can't do this....yet. Let me figure out a different way.”

3. **Encourage failure.**
   Your child needs to know that failure is ok! Remind them that each time they fail and try again, their brain is growing stronger. Don’t allow them to give up. This is how they learn to persevere.

Examples:
I’m not good at this → I am going to try a different way
I’ll never be that smart → I will learn how to do this
I’m not good in math → I am going to train my brain in math

“Education is the most powerful weapon which you can use to CHANGE the WORLD.” – Nelson Mandela