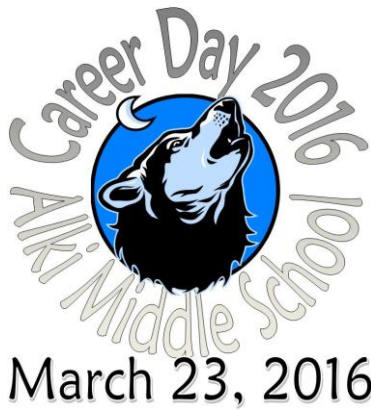


News from the Counseling Center



Alki's Career Day!

How would you like to talk about your job to a class full of middle schoolers? Alki will be having our 3rd annual Career Day on March 23rd and we are looking for presenters from a wide variety of career fields to come speak. This is going to be a great opportunity for students to learn about various careers from the people who work in them on a day to day basis. We are especially interested in having speakers in non-traditional career settings and the skilled trades.

Students will be rotating through four different presentations of their choosing so, as a speaker, you will be talking about what you do to a group of no more than 30 at a time during each of those four sessions. If you are interested, or know someone who would be a good presenter, please fill out the web survey and one of the counselors will be in touch with you to confirm your attendance.

<http://goo.gl/forms/u1F42vxuag>

Looking ahead to next year

It seems very early but we are already looking ahead to next year. Here are some dates you can put on your calendar and look forward to:

- In-district boundary exception forms accepted beginning early January
- 8th grade parent night late January or early February
- High school open houses for 8th graders in January and February
- End of 2nd Trimester Mar. 14
- Student forecasting early April
- Student Led Conferences April 21-22
- Out of district boundary exceptions accepted starting May 2

Questions & Answers

Q: My seventh grader used to be so confident, but recently she's been saying things like, "I just don't fit in!" or "I'm so weird!" How can I help her feel good about herself again?

A: The best way to help your daughter is to acknowledge that maybe she really doesn't fit in right now. Middle school is a time of enormous change and growth for kids, and it could be that your child is starting to "march to her own drummer" and become her own person.

And that's okay. As long as your child isn't socially isolated, struggling in school or being bullied, there's nothing wrong with letting her blossom into her own quirky, unique person.

To support your child along the way:

- Respect her evolving views. You don't have to agree with your child's opinions, but don't belittle them, either.
- Be tolerant of her quest for individuality. Don't nix her choice of clothing, hairstyle or entertainment just because it's not your taste. As long as it isn't inappropriate or offensive, let her embrace what she likes.
- Spend time together. Do something you both enjoy. But don't expect her to like a certain activity just because you do—or because she did when she was younger.
- Teach her not to fear failure. Everyone stumbles from time to time. Remind your child that missteps aren't horrible—they are opportunities for growth.

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Reminder of our services

As counselors we want to remind you that we are available to help you and your students with a variety of issues. We routinely work with students on issues such as relationships with others, academic planning, future planning, crisis intervention and response, and many more. Don't hesitate to contact us with any questions or concerns.

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