



BULLDOG COUNSELING CORNER



UPCOMING EVENTS!

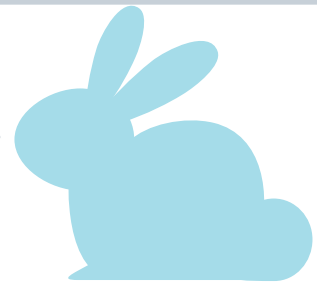
- April 1st- Talent Show Acts Announced
- April 4th-8th- Spring Break
- April 11th- Track & Field Starts
- April 14th- Talent Show
- April 19th- District Band Festival
- April 20th- Dance Company Workshop
- April 21st- Dance Company Tryouts
- April 21st- District Jazz Band Festival
- April 22nd- 7th Grade Vaccination Clinic
- April 20th & 27th- Track & Field Meets

WANT A PRIZE?

Come to the counseling center and tell us one way you can take a STAND to resolve a conflict. First 5 get a prize!

Test Taking Tips

1. Have a positive attitude
2. Be prepared
3. Make a study plan
4. Eat breakfast the morning of the test
5. Manage your time during the test
6. Listen to or read all instructions carefully
7. Answer all the questions
8. Rely on first impressions
9. Look for cues from other questions
10. Review answers if time





Take a S.T.A.N.D.

Use these steps when talking with someone to solve a problem/conflict

S

Stop and calm down

T

Take turns telling what the problem is

- State your needs- what is important to you- and define the problem
- Listen to each side without put-downs or interrupting
- Stick to the facts!

A

Assess alternatives- different ideas to solve the problem

- Be flexible and open-minded
- Be empathetic- put yourself in their shoes
- Offer solutions- think outside the box

N

Narrow the choices to "win-wins"

- Rule 1: Eliminate solutions that are unacceptable to either kid because they don't satisfy their needs
- Rule 2: Eliminate any solutions that aren't safe or wise

D

Decide on the best option you both agree on- and do it!

- What will each of you do to end the problem?
- Do your part!

SCHEDULE A MEETING WITH YOUR CONSELOR



Ms. Kendall A-G: ckendall@graniteschools.org
Mrs. Judd H-M: mdjudd@graniteschools.org
Mr. Howe N-Z: llhowe@graniteschools.org

