



# BULLDOG COUNSELING CORNER



## UPCOMING EVENTS!

March 11th- No School

March 14th-30th- Food Drive

March 24th- End of Quarter

March 25th- No School

March 25th- Lip Sync Battle tryouts for Spirit Week

March 28th- Start of 4th Quarter

March 29th-30th- Talent Show Auditions

March 28th-April 1st- Spirit Week

## WANT A PRIZE?

Watch the Mindfulness video for March and come to the counseling center with the answer to the question at the end of the video for a prize. First 5 get a prize!

## Social Awareness

### What is social awareness?

- Social awareness is the ability to take the perspective of and empathize with others from different backgrounds and cultures than your own.



### Skills that develop social awareness:

- Identifying social cues (verbal, physical) to determine how others feel
- Taking others' perspectives
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Recognizing strengths in others
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Caring about and being motivated to contribute to the well-being of one's family, friends, school, community, the environment, and the greater good

### Why social awareness matters:

- Positive classroom climate
- Better relationships
- Fewer risky behaviors
- Greater career success





**SYMPATHY**  
Feeling pity without truly understanding another's feelings.

**EMPATHY**  
Putting yourself in another person's shoes.

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**EMPATHY**

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**SYMPATHY**

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**PEOPLE WHO ARE GOOD AT SHOWING EMPATHY:**

- Really listen to what others have to say.**
- Naturally pick up on how others feel.**
- Can be a go-to person for advice.**



**Faculty Spotlight**

Ms. Birrell is our new Registrar in the Counseling Center. She attended the University of Utah. Her favorite books are The Guernsey Literary and Potato Peel Society. She loves donuts and watching Harry Potter. Her favorite subjects in school are reading and English. In her free time she enjoys traveling, reading, and running. Ms Birrell has two dogs and loves Disneyland.

**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

