

BULLDOG COUNSELING CORNER



UPCOMING EVENTS!

- Sept. 1st- Cross Country Meet
- Sept. 6th- Labor Day- No school!
- Sept. 8th- Cross Country Meet
- Sept. 13th-17th- Red Ribbon Week
- Sept. 13th-30th- CCRs
- Sept. 15th- Cross Country Meet
- Sept. 16th- Netsmartz assembly
- Sept. 17th- No school
- Sept. 28th & 29th- Parent Teacher Conferences

WANT A PRIZE?

Go to the counseling canvas page (Study-No Credit) and complete the Meet Your Counselor module. Listen for the code word. Once you know the code word come tell us at the counseling center for a prize! First 5 with the answer win!

3 Skills to Make Relationships Better

1. Empathy
 - a. The feelings that you understand and share another person's experiences and emotions; the ability to share someone else's feelings.
2. Compassion
 - a. A feeling of wanting to help someone who is sick, hungry, in trouble, etc.
3. Acceptance
 - a. The quality or state of being accepted or acceptable.

Outcomes of Showing Empathy, Compassion, Acceptance to Ourselves and Others

Improves:

- Self-esteem
- Positive self-talk
- Interactions with others
- Feeling good about yourself
- Having more friends

Reduces:

- Bullying
- Rumors
- Gossiping
- Negative peer pressure
- Judging self and others



How to Show Compassion & Acceptance to Ourselves

1. Be kind to yourself
2. Remember we're all imperfect & make mistakes
3. Reduce self-criticism
4. Use positive affirmations
5. Give yourself a hug

Download Safe UT

Safe UT is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program—right from your smartphone. Safe UT can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues. You can even submit a tip about a friend!



Meet With Your Counselor

Did you know that you can meet with your counselor for more than just schedule changes? We are happy to meet with you if you are concerned for a friend, stressed about school, having issues with a teacher, want to talk about college of future careers, or have any personal issues that you need to talk about. We are here for you and want to help you succeed in all aspects of your life!

Schedule a meeting with your counselor at <https://olympusjrcounseling.weebly.com/>

Faculty Spotlight



Mrs. Judd is one of our counselors (H-M). She is new to Olympus Jr. High this year! She is completing her Master's degree at Utah State University. She graduated from Southern Utah University with her Bachelor's degree in Psychology. In her free time she loves camping, paddle boarding, quilting, spending time with family, and playing with her dog (Goose).

from Southern Utah University with her Bachelor's degree in Psychology. In her free time she loves camping, paddle boarding, quilting, spending time with family, and playing with her dog (Goose).

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

