

BURBANK'S COUNSELOR CORNER



2024-2025



MEET YOUR SCHOOL COUNSELORS!



University of Houston – Downtown
Bachelor of Arts in Interdisciplinary Studies
Lamar University
Master of Education in School Counseling

Frances Cortina
6th/7th Grade Counselor
fcortina@houstonisd.org

**BURBANK
STUDENTS**

ROCK!

MEET YOUR SCHOOL COUNSELORS!



Deirdre Guidry
7th/ 8th Grade Counselor
dguidry@houstonisd.org

**BURBANK
STUDENTS ARE**

SUPERSTARS !

DO YOU NEED TO CONTACT A COUNSELOR?

Submit a Student Assistance Form (SAF) and your counselor will contact you!

Let us know how we may help you!



BMS COUNSELORS MAKE A DIFFERENCE



MS. GUIDRY

MS. CORTINA

WE LOVE COUNSELING BECAUSE...

We LOVE to help students know themselves, better their interest, abilities, attitudes and opportunities.

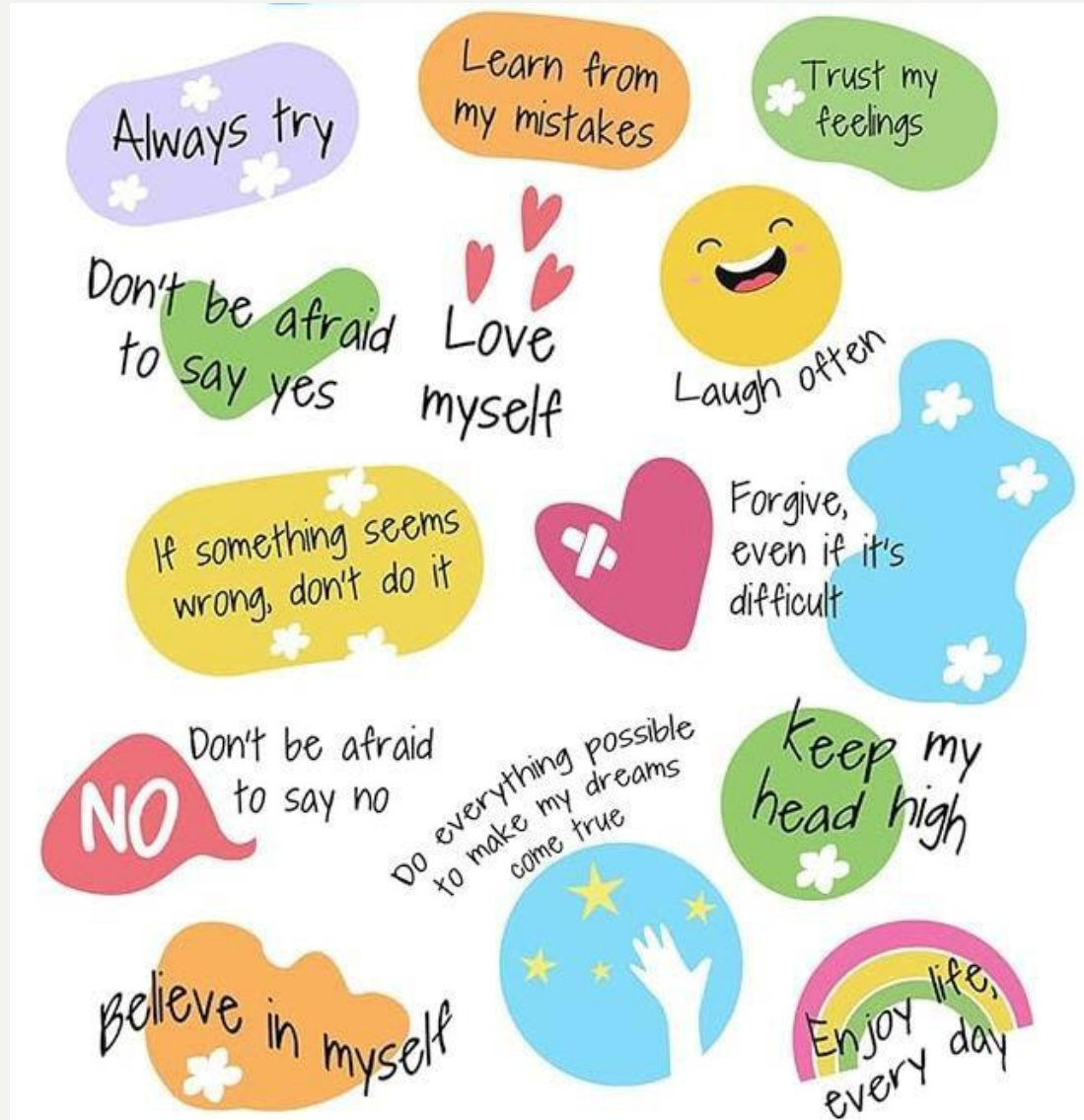
We LOVE to help students workout a plan for solving difficult situations.

We LOVE to help students in planning for educational and vocational choices.

We LOVE to help students obtain information on making them successful.



MY SELF-CARE RULES



MESSAGE TO OUR STUDENTS ...

YOU are
special

YOU are
enough

YOU are
worth it

YOU are
amazing

YOU are
smart

YOU are
loved

YOU are
strong

YOU will be
okay

WE ARE
PROUD OF
YOU

CHARACTER COUNTS

THE SIX PILLARS OF CHARACTER



SIX PILLARS OF CHARACTER

Trustworthiness

Be honest in communications and actions

- Don't deceive, cheat or steal
- Be reliable — do what you say you'll do
- Have the courage to do the right thing
- Build a good reputation
- Be loyal

SIX PILLARS OF CHARACTER

Respect

- **Treat others with respect and follow the Golden Rule**
- **Be tolerant and accepting of differences**
- **Use good manners, not bad language**
- **Be considerate of other's feelings.**

SIX PILLARS OF CHARACTER

Responsibility

Do what you are supposed to do

- Plan a head
- Be diligent
- Persevere
- Do your best
- Use self-control
- Be self-disciplined
- Think before you act
- Be accountable for your words, actions and attitude.

SIX PILLARS OF CHARACTER

Fairness

Play by the rules

- Take turns and share
- Be open-minded; listen to others
- Don't take advantage of others
- Don't blame others carelessly
- Treat all people fairly

SIX PILLARS OF CHARACTER

Caring

- Be kind
- Be compassionate and show you care
- Show empathy
- Express gratitude
- Forgive others and show mercy
- Help people in need
- Be charitable and altruistic

SIX PILLARS OF CHARACTER

Citizenship

Do your share to make your home, school, community and greater world better

- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor

CHARACTER TRAIT FOR OCTOBER

Responsibility

accountability, diligence, perseverance, self-control

Ways to Show Responsibility

- Do what you say you will do
- Admit when you make a mistake
- Think before you act or speak
- Keep track of your tasks (homework, chores, etc.)
- Be someone others can count on