



Mrs. Marshall's Counselor's Corner

Updates



Event: Nov. 4 - 18, 2020

Can Food Drive

Students are asked to donate non-perishable food items .

Event: Nov. 4 - 17, 2020

Essay Contest :

Write a letter to a family member and share what you are thankful for..

Students are asked to participate in an narrative essay writing contest. Submit all entries by Nov. 17, 2020 to Mrs. Marshall

Event: Nov. 23 - 27, 2020

Thanksgiving Break

Coping Strategies For Kids & Teens

with a free printable

<p>Deep Breathing</p>	<p>Critical Coping Strategies to Teach Kids</p>	
<p>Journal Writing</p>	<p>Using Positive Self-Talk</p>	<p>Practicing Gratitude</p>
<p>Mindful Coloring</p>	<p>Writing a List of Choices</p>	<p>Exercising</p>

www.thepathway2success.com

Contact Info



Mrs. Marshall
Email: Cmarsha2@houstonisd.org

Room Number: B171

Phone:
(713)732-3490 Ext. 156224



The Benefits of School Counseling

Counselors can help parents connect with appropriate school staff or access needed resources. They can help mediate disputes between families, teachers, or other school staff. The Counselors can also provide support and information to parents advocating for their child's academic or personal needs.

**I'm here to help! If you feel that your child may need or benefit from additional support. Please contact Mrs. Marshall using the contact info below or contact your child's teacher for a referral.*

Monthly Guidance Topic: Career Awareness

The College and Career Awareness course is designed to help students identify their interests, abilities, and skills. College and Career Awareness offers exploration and preparation in college and career pathways focusing on jobs that are high skill and high demand, as well as satisfying and financially rewarding.



Monthly Celebrations



Thanksgiving is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year.

Essay Topic: *Write a letter to a family member and share what you are thankful for...*

Social Emotional Learning Topic: Coping Skills

During this pandemic, being a student can be very stressing and overwhelming. Especially now, because some of you are forced to attend school virtually. Learning coping skills can help you deal with stressful situations. These skills may help a person face a situation, take action, and be flexible and persistent in solving problems. You will find strategies on the chart to the right to help alleviate some of your stressful situations.

(Coping Strategies)



ANONYMOUS TIP LINE 713-641-7446 HOUSTONISD.ORG/POLICEHISD Communications has produced a video encouraging students to "See Something, Say Something" to raise awareness around school safety and to help promote the district's anonymous tip line to report incidents.

**Additional Community Resources Can Be Found In "Ms. G's Wrap it Up" Newsletter*

"Go confidently in the direction of your dreams. Live the life you imagined." -Henry David Thoreau

