

Guidance

Geneva Middle School North

2023-2024



Students may fill out the Help Form on GMS Learn to speak to their counselor or social worker



GMSLearn

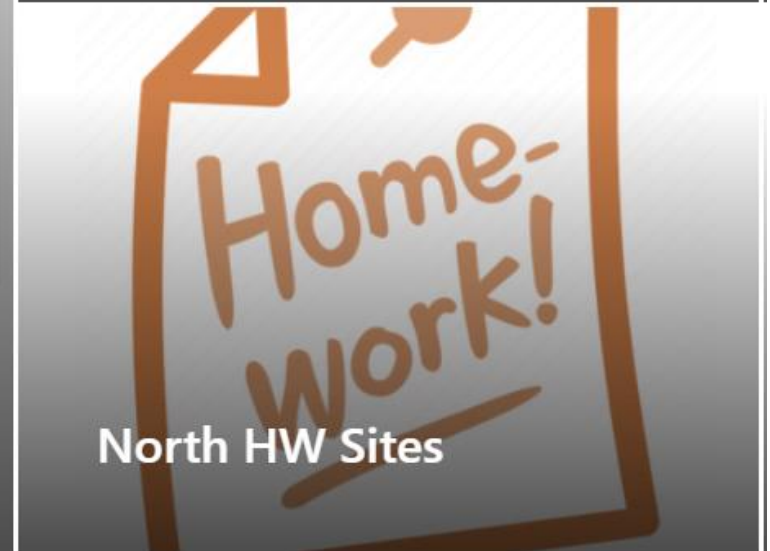
Home

GMSLearn Documents

Pages

Site contents

Please click the waffle (App Launcher) to open email (Outlook) and other apps you want to use. If you do not see an app, try opening the 'All apps' for a longer list.



How to Open email (Outlook) and other office apps



Counseling

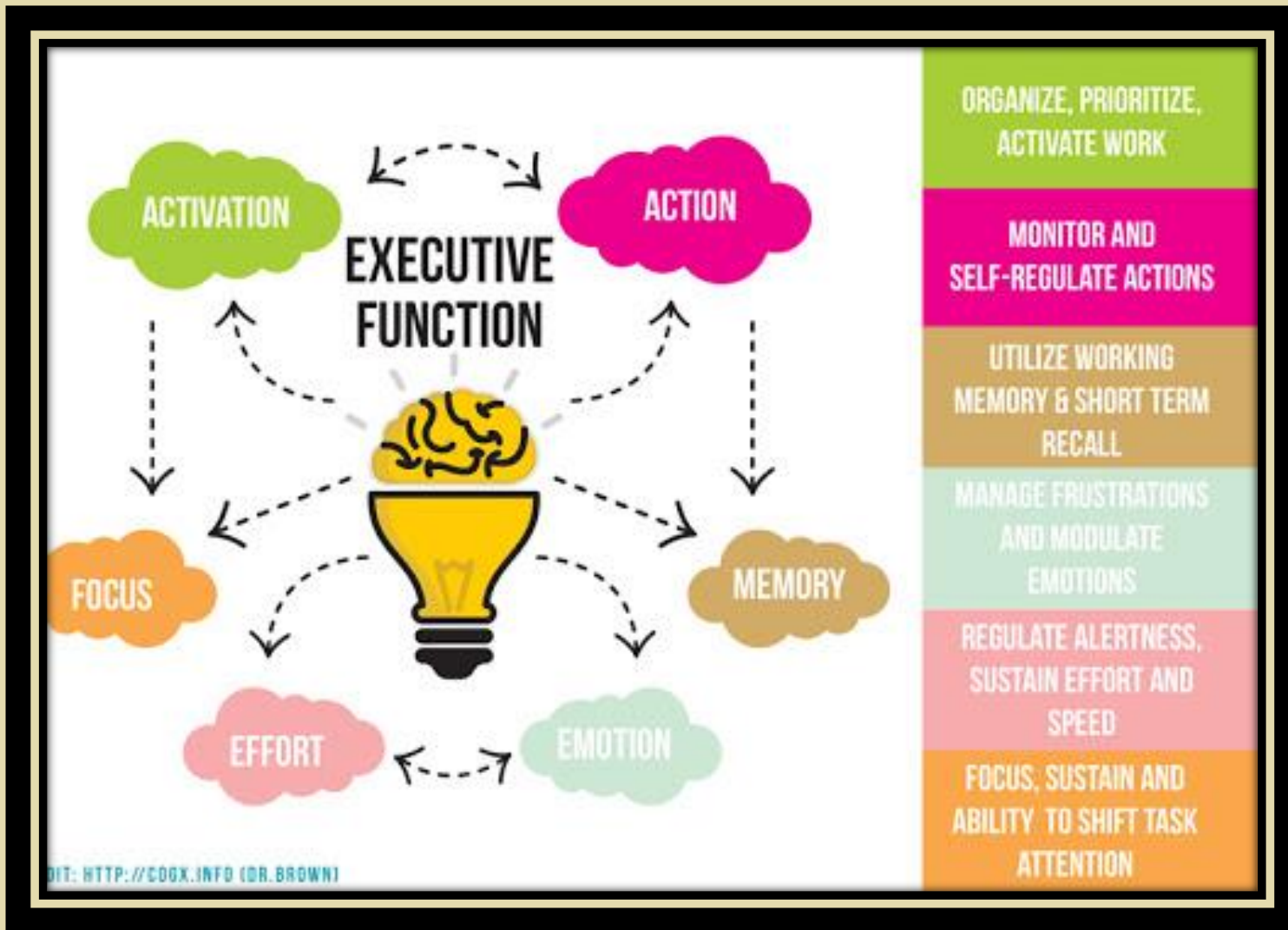
Counselors support students with:

- Study skills & executive functioning growth
- Leadership & resiliency development
- Coping with anxiety, sadness, anger, or loss
- Motivation & engagement
- Navigating conflicts & other stressors



Let
Your LIGHT
Shine





Study Skills & Executive Functioning



Leadership & Resiliency



Building resilience for the challenges of life



Strengthen Coping

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration

(ex: looking at or drawing motivational statements or images)

2. Something funny or cheering

(ex: funny movies / TV / books)

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch (ex: stuffed animal, stress ball)
2. Something to hear (ex: music, meditation guides)
3. Something to see (ex: snowglobe, happy pictures)
4. Something to taste (ex: mints, tea, sour candy)
5. Something to smell (ex: lotion, candles, perfume)

COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 



Navigate Conflicts & Stressors

Learning to resolve disagreements & manage time

Conflict is inevitable,
but combat is optional.

-Max Lucado





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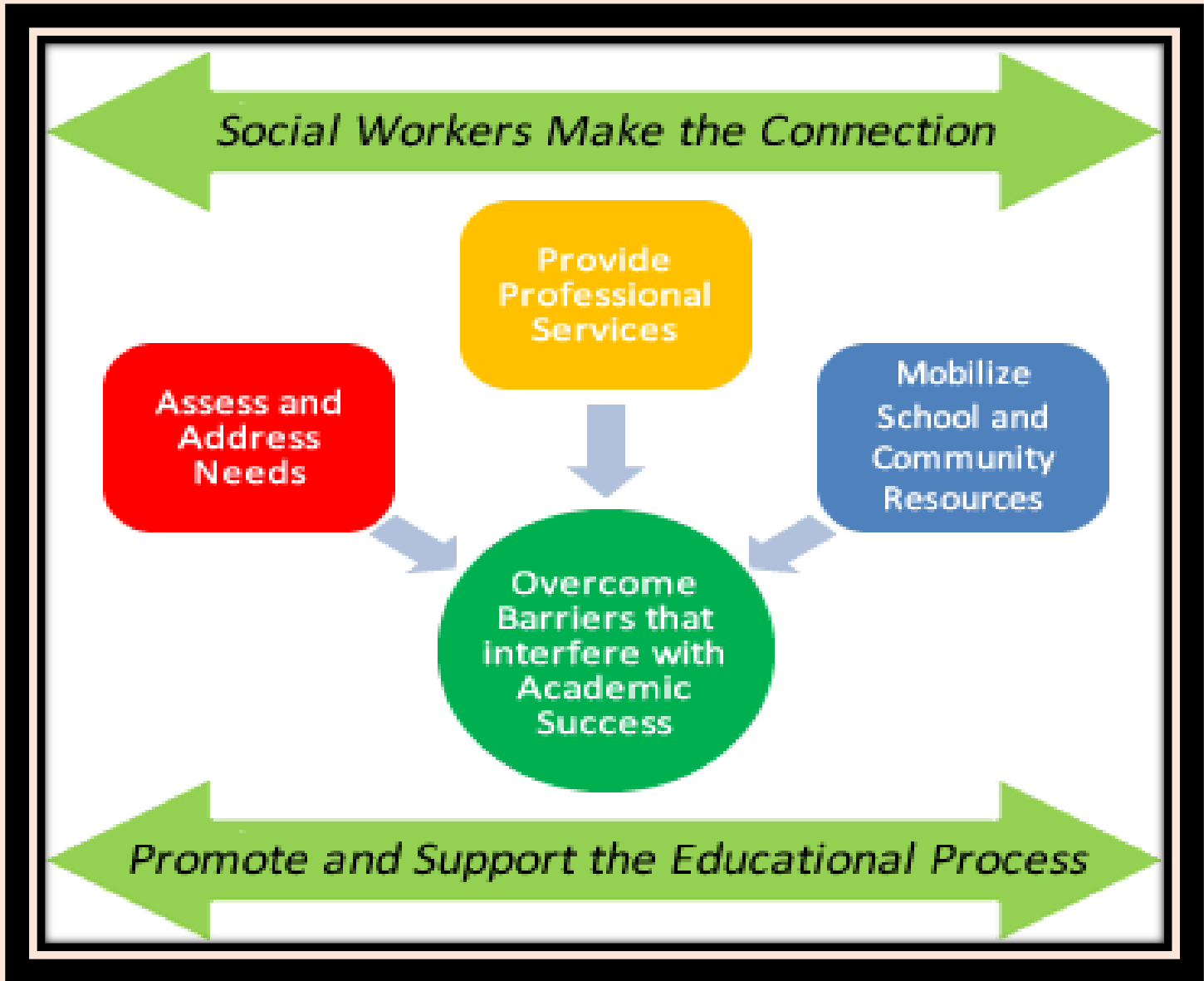


Audrey Milligan (6th/7th)
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Social Work

- Provide social-emotional support to students with Individualized Education Plans
- Teach self-management, self-awareness, social awareness, relationship skills, & problem-solving skills.
- Connect students and families to school and community resources





Speech

Cathy Miller, M.A., CCC-SLP

Speech Language Pathologist

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SPEECH-LANGUAGE PATHOLOGIST



HELP YOU TACO 'BOUT IT



What is SPEECH LANGUAGE PATHOLOGY?



Speech Therapy is more than just **SPEECH**



- 1. LANGUAGE**
- Vocabulary
 - Syntax, grammar, and morphology
 - Literacy
 - Encoding, decoding and interpreting
 - Non-literal language
 - Functional communication (getting wants/needs met)

- 2. SOCIAL COMMUNICATION**
- Nonverbal communication like eye gaze, posture, and facial expressions
 - Humor
 - Volume, prosody, and tone of voice
 - Repairing breakdowns
 - Code switching
 - Topic Maintenance

- 3. COGNITIVE COMMUNICATION**
- Immediate, short-term, and long-term memory
 - Working memory
 - Sustained, divided and alternating attention
 - Executive function and planning
 - Processing
 - Sequencing

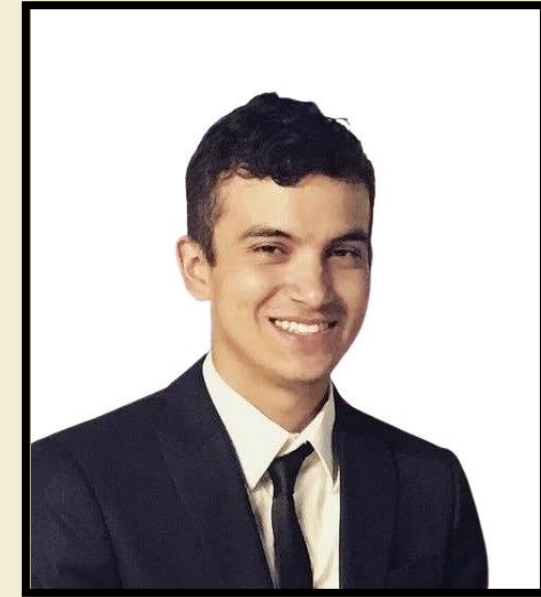
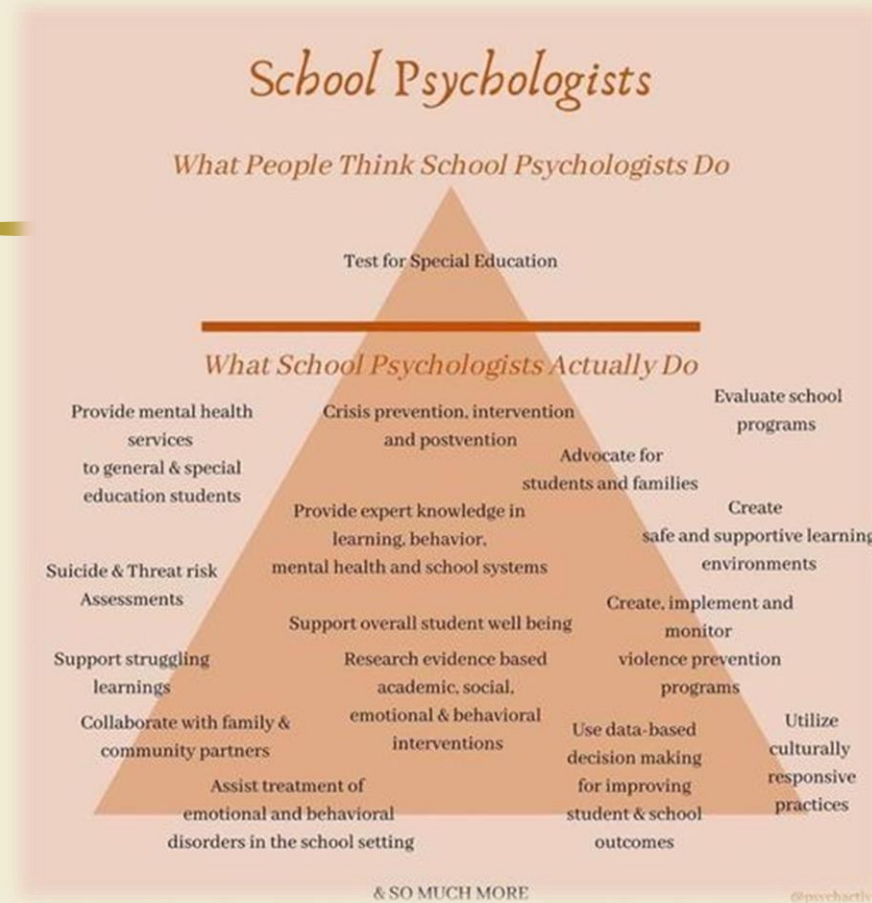
Now think to yourself...
SHOULD I REFER TO A SPEECH-LANGUAGE PATHOLOGIST?



School Psychology

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SCHOOL PSYCHOLOGISTS

support students' ability to learn and teachers' ability to teach.

THEY ARE EXPERTS IN



Learning



Behavior



Mental Health



School Systems

THEY PROVIDE

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers and families
- Culturally responsive services
- Crisis prevention and response



THEY SUPPORT

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School-family-community partnerships
- School-wide data-based decision making

THEY SERVE

in schools and other educational and clinical settings.



RECOMMENDED RATIO

1 school psychologist per **500-700** students

Lowering barriers to learning is critical to children's success in school.

Contact your school psychologist to find out how they can help.

School Psychologists:
Helping Children Thrive • In School • At Home • In Life
www.nasponline.org

NASP 
NATIONAL ASSOCIATION OF
School Psychologists 

Student Assistance Coordinator

Valerie Medchill

Facilitates IEP Evaluations

Manages Student Intervention Plans (tier 3)

Vmedchill@geneva304.org

630-463-3614



You help your child rise above life's challenges

Thank
you

