

SDUHSD middle and high school counselors are committed to working in partnership with parents/guardians in supporting student social and emotional well-being. Recognizing that middle school is a time of significant change, middle school counselors will be using this bi-monthly newsletter as a forum to share information about essential topics using a Social and Emotional Learning (SEL) framework that focuses on five key areas: relationship skills, responsible decision-making, self-management, self-awareness, and social awareness. Social and emotional well-being sets the groundwork for a safe and positive learning environment and enhances a student's ability to lead a well-balanced life.

## Middle School Matters!

Middle school can be a confusing time, for parents as well as their kids. Your child is becoming more independent, yet still needs your support. As your child's independence increases, it is important to stay involved by lending support and guidance at home. One area we want to pay particular attention to is how your teen views their intelligence and abilities. How they see themselves in these two areas is shown to have an impact on not only how they adjust academically to middle school but also how they adapt emotionally. In the American Psychological Association's article, "[Middle School Malaise](#)," psychologists note that students who adapt positively to middle school are those that believe their intelligence and abilities can change over time; by trying new things, experiencing failure, learning from mistakes, and knowing learning takes patience, effort and time (a GROWTH Mindset). When students view their intelligence as fixed they believe there is no room for improvement, and experience feeling discouraged, wanting to give up or are afraid to make mistakes. By being attentive to how they view their intelligence and abilities, we can step in when needed to help our teen become skilled in positively reframing how they see themselves.

### Fixed Mindset

I'm either good at it or not

When I'm frustrated I give up

When I fail or make a mistake I'm no good

### Growth Mindset

I can learn anything I want to

When I'm frustrated I persevere

When I fail or make a mistake I learn

## Tips to Help Build a Growth Mindset

### Recognize your mindset

*He'll get it. He's working on it and making progress.*

This acknowledges that your child is able to succeed with effort and at their own pace

### Praise the process that led to success

*"I know it was hard, but look how your effort paid off."*

This lets your teen know that their effort led to success

### Model learning from mistakes

*"That isn't the right answer. You don't understand it YET."*

YET is a powerful word and indicates that success will occur if they keep working

# Talking with your teen!

It can be challenging to talk with your teen, especially after a tiring day. Here are some *light-hearted* questions to ask them to help you find out about their day at school!

What was your favorite part of lunch today?

Tell me something that made you laugh today.

If I called your teacher, what would he/she say about you?

If you could choose, who would you like to sit by in class?

What was your favorite class today?

What was your most challenging assignment today?

Did you do a fun/interesting activity in class today?

How did you help someone today or how did someone help you?

Did you go to any student clubs at lunch today?

When were you the happiest today?

# Social Media Highlight

Social media access and use is at the forefront of parent concern in the middle school years and we want to provide up-to-date resources and guidance for parents as it relates to their teens privacy and safety. SDUHSD middle schools reference and utilize digital citizenship lesson plans from Common Sense Media. [Common Sense Media](#) is a site we also recommend to assist parents in learning about the latest apps and websites, along with tips of how to talk with their teen about how to responsibly use social media.

## Pacific Trails Counseling News from School Counselor, Lisa Curry

### October 8: PTMS Family Night

In an effort to support student wellness, there is no homework assigned on Family Night!

**National Red Ribbon Week is October 22-26** and is celebrated in schools across America. The campaign is designed to create awareness concerning the problems related to the use of tobacco, alcohol and other drugs and to support the decision to live a healthy, drug-free lifestyle. At PTMS, we have several activities planned for students with the support of PTSA and our ASB.

**Parent Forums:** [Drug Trends and Social Media Awareness](#) – 10/23, 10/26, 11/7, 12/6

**Families for Depression Awareness is presenting a free Teen Depression webinar on Thursday, October 11 at 7:00 PM ET/ 4:00 PM PT.** Presenter Amy Saltzman, M.D. will discuss how caring adults can encourage teens to manage stress. The program is designed for parents, caregivers, school educators and personnel, youth workers, and anyone interested in teen mental health. [Register](#) to join the live webinar discussion.

FREE WEBINAR

### Teen Depression

THURSDAY, OCT 11, 2018  
7 PM ET | 4 PM PT



Learn how

- parents and teens can use the power of mindfulness in difficult times
- to truly listen without judgment
- parents can respond to teens during emotionally-charged conversation

Families for Depression Awareness

Register!  
[www.familyaware.org/trainings](http://www.familyaware.org/trainings)