



UNIT 5 Middle School Counseling Newsletter

Fall Edition

2017-2018

What Do School Counselors Do?

School Counselors find themselves doing many different things throughout the school year that are academic, social/emotional, or career related. Here is a sampling of what we do:

- Academic support
- Conflict resolution
- 504 coordinators
- Short term individual counseling
- Classroom guidance lessons
- Assistance with outside referrals
- Group counseling
- MAP & PARCC testing coordinators
- Career Cruising administrators
- Advisory lessons
- Crisis Intervention
- CARES team
- Scheduling
- High School Transition

[Click Here to Meet the Counselors!!!](#)

Getting to know the Guidance Department Staff

Kathy Hull -
Administrative Assistant

I've been working in the guidance office at Chiddix since 2012. Although I love the amazing students and faculty, one of my favorite parts of the job has been to have the opportunity to watch my children grace these halls. My daughter is now a sophomore at NCHS, and she loved all of her years as a Chiddix Charger. My son, who's now in 5th grade, comes here daily for band and will attend Chiddix next year full time. When I'm not at work, the three of us love to spend time playing with our adorable puppy, Stormy. I'll be honest, I spend a lot of time just enjoying a simple life with my kids. I'm a graduate of ISU, a gamer, a lover of the St. Louis Cardinals, a blogger, and a Star Wars fanatic.

Nicole Wiedman -
Counselor

I came to Chiddix in 2012, but this is my 11th year as a school counselor. I graduated from Illinois Wesleyan Univ. in 2004 with a B.A. in Psychology and Palm Beach Atlantic Univ. in 2006 with a M.S. in Counseling Psychology. I have a passion for working with youth and families and really enjoy working with kids throughout their middle school years. My husband Pete and I have been married for 9 years, and I have a wonderful step-daughter, Layla, a son, Kai, and a daughter, Karis. We also have 2 dogs, 2 cats, 2 crabs and 4 fish who help to make our house a home. We are very involved with our church and also love to travel. We are big fans of all things Disney, the beach, the mountains, and finding adventure wherever we go.

Carlie Newton -
Counselor

This is my first year at Chiddix Junior High and I'm excited to be here! For the past three years, I worked as a K-12 counselor in Lexington. In 2008, I graduated from Illinois State University with a degree in Social Work and spent some time working in Residential Substance Abuse treatment before returning to school. I received my Master's degree in School Counseling from Northeastern Illinois University and returned to Bloomington/Normal in 2011. I have a 4 year old daughter and a 10 month old son. When I'm not at Chiddix, I'm at the park playing or at home drawing with Chalk. I love this time of year when the weather gets cooler and as a family, we love to play in the snow. In what little free time I have, I enjoy photography.

Important Dates

October

Career Expo-8th grade

November/December

Middle/High School Counselors visit 8th grade classes to begin discussing high school course request process

December

Winter MAP testing (all)

Freshman Orientation at NCHS & NCWHS (8th grade)

January

Music/Tutorial/Exploratory Course Requests completed (6-7th grade)

High School Registration (8th grade)

March

PARCC testing (all)

Final changes to High School course requests due (8th grade)

"Planning Beyond High School" night at Kingsley (8th grade parents)

April

Spring MAP testing (all)

Go Chargers!

Team Homework Pages

(Click on team name for link)

[6A—Team ACES](#)

[6B—Team Phoenix](#)

[7A—Team Elite](#)

[7B—Team Maverick](#)

[8A—Team Infinity](#)

[8B—Team Einsteins](#)

Middle School Advisory in Unit 5

A key component of middle school education is developing a supportive relationship between students and the adults who work with them each day. Relationship is the foundation for educating the early adolescent, and the Unit #5 Advisory curriculum was created with that end in mind. Throughout the year students at each grade level participate in Advisory lessons created to enrich their school experience in two specific areas: 1) Social/Emotional Development, 2) Career Awareness and Development.

Each grade level has a set of lessons created by a task force and reviewed and revised annually by middle school counselors. Individual schools have some flexibility to adjust lessons as needed, but the goal is for all Unit #5 student to be exposed to this curriculum during their 6th – 8th grade years.

The Social/Emotional component of Advisory focuses on different areas each year. Sixth graders spend their 1st semester learning about each other and developing an appreciation for differences through a process called Identity Share. Students develop a short presentation about what they want others to know about their life and culture and take turns sharing this with their Advisory group. Seventh graders explore topics such as developing successful habits, organizing time, dealing with failure and success and other life skill topics. Eighth graders discuss labels and stereotypes, dealing with social media, goal setting, financial literacy, and developing a support system.

The Career Awareness component of Advisory is built around Career Cruising, a website available to all Unit #5 secondary students. In 6th grade students learn what Career Cruising is all about, do some learning inventories, and do entry level discussion on how skills and interests affect career choice. Seventh graders do a Career Matchmaker inventory matching possible careers with current skills and interests, learn about career clusters and do a project researching a specific career. Eighth graders look at their interests and skills in more depth and begin to do post-secondary research looking at potential colleges and making future plan.

Contact the guidance office for more information on Advisory. We see this program as an important tool for helping our students grow!

Tips for Parents

Many people in life possess various types of educational degrees, some of which include B.A., M.S., or PhD. However, the most overlooked degrees of M.O.M. and D.A.D. are the ones that continue to be earned and developed every day. As the parent or guardian of an adolescent, you likely face many rewarding moments, as well as challenging times. We encourage you to consider the following tips as a means to enhance your relationship with your child(ren):

1. Talk (in detail) to your child every day. Find out what's going on in their "world".
2. Be active in their academics, social/emotional well-being, and career development.
3. Due to significant changes adolescents go through, take time to provide encouragement and advice as needed.
4. Don't be afraid to ask for help. That is a part of advocating for your child(ren).
5. Keep things in perspective. Don't allow minor issues to become major catastrophes.

Your parental role is critical to your child(ren)'s growth and development.

CONGRATULATIONS ON YOUR DEGREE!!!

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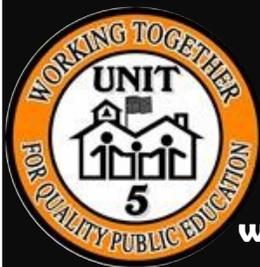
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Educating each student to achieve personal excellence.