



Newsletter

from the Counselor's Office

9/18/2020

Happy Fall Auburn Family!

Welcome to our Quarterly Newsletter:

We are so grateful to be back with our students! We know it was a long summer for everyone. Hopefully, you found creative ways to enjoy all your extra time together. This year, we have a new School Counselor, Kaitlin Boyd. Ms. Boyd will be taking over Mr. Crail's position and will be the counselor for all his former programs. As always, please do not hesitate to contact Dr. Sarah Noble or Ms. Kaitlin Boyd if you have any concerns about your student here at Auburn.

Contact Information:

Snoble@auburncc.org Tel: 440. 358. 8031



kboyd@auburncc.org Tel: 440. 358. 8014



**Look within and trust that
you are enough**



Social Emotional

 **Crossroads Health**

Auburn Career Center and Crossroads Health have collaborated to establish a program to assist students with their overall social, emotional, behavioral and academic functioning. Our Crossroads Health provider will be assisting students through individual, school-based counseling. If your student is referred to Crossroads, an Auburn school counselor will give your student a consent form that will need to be signed before services can begin. If your student is experiencing social or emotional issues that are interfering with academic functioning, and if you are interested in Crossroads services, please contact an Auburn school counselor.

Response to COVID-19

Mental Health & Wellness

Would you like more information on how to talk to your student about managing stress or anxiety? Please utilize our “School Counseling Resource Binder”. We will be updating it with useful techniques and resources about mindfulness, the importance of brain breaks, and how to better manage our emotions during the pandemic.

Link: <http://www.auburncc.org/SchoolCounselors.aspx>

This September, Auburn’s staff had a professional development presentation on “Building Resiliency after Covid-19”. Many of us might not realize that living through this pandemic is a traumatic event.

All of us have had a disruption in routine and/or purpose, experienced a strain with connecting to others, and our day-to-day is overall less predictable. This creates feelings of uncertainty, more forgetfulness, and even causes us to lose a sense of time! This presentation educated teachers on the impact of COVID-19 regarding student’s mental health and how to address issues that may arise in the classroom. We are confident that this will lead to students feeling more connected, competent and empowered!

We’re on the Web!

See us at:

www.auburncc.org

Follow us on:



**“There Are No Limits to What You Can Accomplish,
Except The Limits You Place On Your Own Thinking.”**

– Brian Tracy

Personal Learning Plans

First year students

At the beginning of the school year, we sent a survey to our first-year students. From this survey, we were able to gauge career interests, plans for after high school, interest in Auburn clubs, and topics identified by students as needing more support. For example, many students indicated they wanted more information on time management and study skills. In addition, many students identified the need to learn skills for coping with stress.

During the month of September, we will be going to classrooms and presenting a guidance lesson on time management. Our goal is for students to learn tips to help them better manage their time and become more efficient. A copy of the presentation can be found in the "School Counseling Resource Binder" on the Auburn webpage.

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In addition to the classroom presentations, this fall, we will be meeting with each student who identified having high levels of stress. Through our meetings, we expect to build connections with each student and teach them effective coping skills for managing stress. If a student needs support beyond an individual meeting, we will be inviting them to participate in a stress management counseling group. This group will meet during the student's time at Auburn. Permission slips will be sent home if your student is invited to participate in the group.

Academic Updates

Scholarships: This year, we will be utilizing our School Counselor Resource Binder to update students about upcoming scholarships. Please be sure to have your student refer to it throughout the year.

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LEAF (Lake/Geauga Educational Assistance Foundation): We are pleased to announce our LEAF representative, Tess Dicker, will be returning this year to work with our Auburn students and families that do not have a LEAF representative at their associate school. The purpose of this organization is to help families better understand the process of financial aid. Mrs. Dicker will be meeting with seniors throughout the 2020-2021 academic year. For more information, please visit LEAF's website: <https://leaf-ohio.org/>



8140 Auburn Road, Concord Twp., Ohio 44077
Phone: 440-357-7542 Fax: 440-358-8012