

## The Counselor's Note

### MY LETTER TO THE STUDENTS

Hello BRCS!!!! It is with great anticipation and excitement that I address each of you with the new school year in our sights!!! Although we are all faced with a new sense of reality with the challenges of Covid-19 and all that comes with it, I am dedicated to helping each of you make the most of your school year. My primary focus will be to help each and every one of you become better thinkers, better learners, better friends, and better individuals so that your "greatest self" can emerge and flourish.

My plan is to meet with each of you individually and in groups so that goals can be set and a plan for the future can be put into motion. What will you do after graduation? What will you do to become a better partner in the future? Where will you go to college or a trade school? Where will you work? Do you want to go into the military? What are your goals for the future? What is your passion in life? These are all questions that we will discuss. My goal as a counselor is to support you in setting goals, working toward them, and seeing them through to fruition.

Of course I am here for the purpose of emotional and therapeutic support as well. I am not here to diagnose but to provide support and guidance in areas of social, emotional, and academic growth. I am able to provide temporary/short-term support for ongoing issues that are having an impact on school performance and will guide you to your own solutions. As you know, what we discuss is confidential unless you are harming yourself, someone else is harming you, or you want to harm others.

I have an open door policy, so you can come in anytime unless I am with another student. I consider it a privilege to be your counselor and look forward to working with each of you as we tackle this 2020-2021 school year!!

Together we can accomplish much!

Mrs. Kendall