



January

Counseling Newsletter



Our theme for the month of January and the start to the new calendar year is *Career Aspirations and Discovering Your Personality*. Students are asked from a young age “What do you want to be when you grow up?”. This can seem like a daunting question, especially if you are in elementary school. While we don’t need to know the answer now, it’s never too early to start things about what you’re interested in. Students should explore the following questions; “how do I like to spend my free time”, “what do I value”, and “what brings meaning to my life”. This will help to decide what a good calling for the future is.

Learning about ourselves and our personality traits is another way to reach our goals. Personality tests and learning our traits gives a greater understanding of preferences, what drives you, and where your strengths lie. Ultimately, it can help identify what type of career you would excel in.

The future is in our hands and there is no better time to start planning than right now!

Activity of the Month!

Career Exploration and Discovering Your Personality

Kindergarten and Grade 1: Students will learn about community helpers. We will go through various roles and occupations people serve within our world, how they make a difference, and how each role is important. Students will be asked to reflect on how they would like to make a difference in the future.

Grades 2-4: Students will take on roles of community helpers. They will be placed into small groups and given a problem to solve. Together, they must solve the problem using the strength of each helper. This will teach the importance of working together.

Grades 5-8: Students will take a personality test and be assigned a color. Each color defines characteristics and traits that make up the student. Student will then work within their color group to learn their strengths and weaknesses. Lastly, we will come together as a whole class to learn about how each color is important and necessary within a community.



What Can Be Done at Home?

Make a plan with your students to accomplish their goals this year!

- ★ Write out weekly steps to plan their success
- ★ Do hands on activities that provide exposure to your student’s interest
- ★ Talk about their personality and learning style, everyone is different!
- ★ Check in. It’s easy to set a goal but not follow through. Establish accountability checkpoints

Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at dabrosca@seseton.org or calling 239-455-2262