

\*\*\*\*\*

Monday, August 29, 2022 \*\*\*\*\* 8-29-22 \*\*\*\*\*

2nd Edition

# COUNSELOR



I look forward to working with all of you! Let's have a great year together. Go Tigers!

**Mr. Doug Goebel**

**(712) 647 - 2227 x 3106**

Good morning!

This is my 2nd Edition of "In the Counselor's Corner." I believe the first week of school was a success! It takes time to get settled back into school schedules and routines. However, everyone seemed eager to be back at Woodbine, and I believe this is going to be a wonderful year. There will be much learning and growing as progress throughout the school year.

### **SOME HELPFUL TIPS:**

- Be consistent.
- Children need and want consistency.
- It takes at least seven (7) times to form a habit (good or bad).
- Students should have a set place / time for homework completion.
- Everyone's schedule is different, so do what works best for you!
- If students don't have "physical assignments" to complete, then, they should work on their math facts, read for pleasure, and / or study!
- Have clear, precise expectations for your child.
- Have your child take ownership of their own studies & behaviors.



## **UPCOMING DAYS:**

### **September is “Suicide Prevention Month”**

If you know of someone hurting, needing mental health services, seek help / support. You may also give this person the Boys Town National Hotline Number:

**Boys Town National Hotline:** 1 - 800 - 448 - 3000

Text: VOICE to 20121

<https://www.boystown.org/hotline/Pages/default.aspx>

You may also dial “988” - **SUICIDE & CRISIS LIFELINE**

Oftentimes, people hesitate getting needed help as they worry the person might be mad at them. However, think of it as possibly saving a life. True, someone might be mad at you, but you could potentially save his / her life.

It is a pleasure serving as Woodbine’s 5th - 12th Grade School Counselor. I’m here to help! Let’s end the negative stigma of people needing mental health services as not being successful individuals.

Gratefully,

Mr. Douglas J. Goebel

