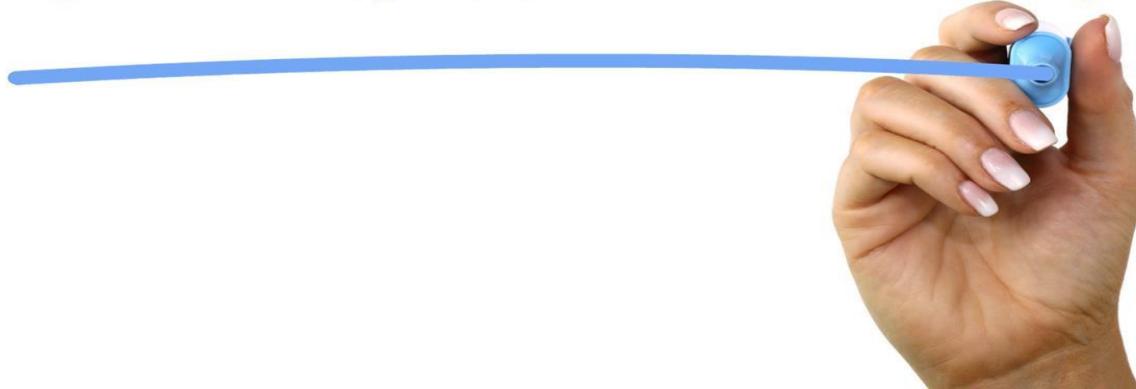


COUNSELOR



Good morning! It's great to be back writing to everyone in our school community. It's hard to believe it is our 3rd edition, and it's also unbelievable it is already December.

"In the Counselor's Corner," is an electronic newsletter I will put out throughout the school year. Please find information about counseling and other useful information in this area. School counselors prefer to be called school counselors as we move away from "guidance counselors." The reason for this is we focus on school related issues as we help our students become successful! Guidance counselors are more community based, and they usually work outside of a school setting, in private practice. **ASCA (American School Counselor Association) and ISCA (Iowa School Counselor Association)** both support school counselors, and I am happy to announce I am a member of both organizations.

In Counseling Classes we have been working on two of the six pillars of Character Counts. We have had lessons on both "RESPECT" and "CITIZENSHIP!" I am proud of our students as they move forward in always being respectful and being a great citizen. Students will often hear me say, "You don't have to be perfect, but you need to be respectful and a good citizen!" I believe this applies to so many aspects of their lives, sports, classes, volunteer work, everyday life skills. Thank you for your continued support. It is most appreciated.

With the holidays upon us, I want to discuss grief and loss. I lost my mom on September 25, 2020, the day after my birthday. That piece was difficult, but I dreaded the upcoming holiday of Christmas as that was my mom's favorite holiday. I knew I wanted to celebrate Christmas and the magic of the season, but I was still grieving the loss of my mom, the loss of my kids'

grandma. A counselor friend of mine told me to honor my mom, her memory by doing the things she enjoyed. In other words, keep traditions or start new traditions my mom would have enjoyed. That advice made a great difference, and my kids are glad we carry on some of the traditions their grandma practiced. Grief takes time, and it is different for everyone! Please be patient with yourself, and get the help you may need. I have learned that keeping my mom's memory "alive" has helped not only myself, but has also helped my wife and children too.

I am also happy to report that I will be "hosting" a **Senior Seminar this upcoming Monday, December 19th, 2022**. Parents are welcome to attend too. In this seminar I will help seniors navigate "Life after high school!" So, if you plan to attend, please bring some questions. There will be an opportunity to ask questions.

My holiday wish is all of you have a nice, restful, and relaxing holiday season. We have a lot to be grateful for, and may the "magic of the season," come upon each and every one of you as we celebrate this joyous occasion with our families and friends. Merry Christmas, and Happy Holidays.

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



Take care,
Mr. Doug Goebel
(712) 647 - 2227 x 3106