



RCS Counseling Newsletter

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RAISING RESPONSIBLE STUDENTS

To the three “R’s” taught in school, many parents and teachers would like to add a fourth – Responsibility, knowing that responsible students grow up to be responsible adults. Responsible students don’t have any one secret to their success... but they do practice some habits that help them...

1. They Set Goals!

Goals keep kids focused on the future. That’s why they are the foundation of responsible behavior in school. Help your student set goals. Talk to your student about: How would he like to improve his report card grades this quarter? What are two things she would like to accomplish this semester? Goals help students focus on what is important and what is not. If they have a vision of where they want to go, they’re more likely to get there.

2. They Plan Their Time!

Responsible people meet their obligations, but it takes planning (as the saying goes, “if you fail to plan, you plan to fail”). Use a big calendar to help teach your student how to organize his time. Have your student write down all their commitments and plan time for homework each day.

3. They Study Every Day!

Learning any subject is like building a brick wall, you do it steadily, one step at a time. Responsible students set aside time for homework/studying each day. On the days when their teacher assigns no homework, these students “assign themselves” to review notes, work ahead on a project, etc.

4. They Take Notes in Class!

Teachers will almost always spell out what they think is important (which is most likely on the test) during class. Teach your student to take notes when the teacher is talking. Spend time reviewing them before the test- and watch their grades go up!

5. They Have The Tools They Need To Be Successful!

A carpenter wouldn’t show up with out a hammer. A doctor always seems to have a stethoscope. Yet, some students seem to think they can go to class without the pencils, paper, books, and other ‘tools’ they need. Encourage your student to prepare for school by planning ahead for all the items they will need to be successful in school the next day (P.E clothes, pencils, homework, text books, etc.)

6. They Keep Their Commitments!

Responsible people honor their commitments to others and to themselves. They succeed in school by doing their assignments well and on time. Parents and teachers can help teach this habit by example – talk to your student about the commitments you have made to the family/class~ to provide meals, help with homework, etc. Help your child feel the satisfaction that comes from meeting their commitments.

7. They Get Ready Ahead of Time!

Some students start out every morning in a crisis. They can’t find their homework, don’t have time to eat breakfast, the shirt they want to wear isn’t clean. Responsible students have learned that being late, or early, is not something that simply happens to them... it’s a choice they make. Teach your student to take 5 or 10 minutes before bedtime to get ready for the next day. Have them pack their backpack, make their lunch, lay out their clothes, etc. Students will soon see that those few minutes will make the mornings much easier... and help him get to school ready to learn!

For further information or to print the pdf go to <http://myfuturemydecision.org>

HOW CAN WE HELP STUDENTS IMPROVE ORGANIZATION?

Being successful in school requires organization. Successful students are thoughtful about how they organize materials and how they plan to get their work done. Some children, (especially those with attention-deficit/hyperactivity disorder) have considerable difficulty in school because they are disorganized, do not stay on task, and do not use strategies when working.

Students who have trouble with disorganization must be provided with instruction about strategies for specific instructional areas (e.g. decoding, reading comprehension, vocabulary, spelling, writing, science, etc.). There are two basic steps.

In step one, the child should be told 1) a plan is a method for how to do something that involves thinking about the activity and outcome and 2) a plan requires a person to:

- Think: What do I want to do? What is my goal?
- Do: Act. Begin to complete task.
- Monitor: Is it working? Am I getting what I wanted?
- Modify: Do I need to modify my plan?
- Verify: Am I finished with the task?

The second step involves explicitly encouraging students to accomplish several things when doing school work:

- Discover and use strategies
- Monitor their performance
- Generalize their use of strategies
- Be aware of the importance of strategies
- Achieve self-regulated strategies
- Become thoughtful, planful, and evaluative

Source: Naglieri, J. & Pickering, E. (2003). *Helping Children Learn: Intervention Handouts for Use in School and at Home*.

ANOREXIA NERVOSA IS A DISORDER AFFECTING MANY TEENAGERS IN AMERICA TODAY.

An estimated 5- to 10-million females and 1-million males are battling an eating disorder in the U.S. Young white females seem to be the most common group of individuals affected due to more social pressures to have a thin figure in the white community than in other ethnic communities. Eighty-seven percent of the estimated with eating disorders are younger than 20.

The most common factor in developing an eating disorder is a lowered self-esteem, often due to a lack of self-esteem building at home by parents, or through physical, emotional, or **sexual abuse**.

Anorexia is an eating disorder in which people starve themselves. Some perceive anorexia as a simple case of vanity taken too far, but rather it is a complex psychological problem. Many times, anorexia begins around the onset of puberty. Signs of anorexia include body weight that is inconsistent with age, refusal to eat in public, anxiety, brittle skin and hair, possessiveness about calorie intake, and irregular menstrual cycles. Luckily, **anorexia can be overcome**. Professional counseling, encouragement and understanding from home, and paying close attention to medical and nutritional needs can all assist in an individual's recovery.

Source: www.healthyplace.com/eating-disorders

Biblical Virtues to pray for your children

Courage: "May my children always be strong and courageous in their character and their actions" (Duet. 31:6)

Respect (for self, others, & authority): "Father, grant that my children may show proper respect to everyone, as your Word commands" (1 Peter 2:17)