

Meigs School Counseling 101:

Mrs. Belinda Hotchkiss

&

Mrs. Melody Osborne

Meigs Academic Magnet School

Meigs School Counseling Team

Belinda Hotchkiss, M.Ed,
Professional School Counselor

5th & 7th grades

belinda.hotchkiss@mnps.org

Melody Osborne, M.S,
Professional School Counselor

6th & 8th grades

melody.osborne@mnps.org



Student Services

Getting Ready for Middle
School - Fears & Faves

Getting Ready for Middle
School - The School Day

Getting Ready for Middle
School - Friends & Activities



What does a Middle School Counselor do?

Support students

- Academics
- Social/Emotional
- College/Career Readiness

How do we do this?



Classroom Guidance

Middle School Classroom Guidance Examples

- Transition
- Career Exploration



← Middle School

to

High School →

Group Counseling

Middle School Group Counseling Examples

- Organization/Study Skills
- Social Skills/Interpersonal Skills
- Conflict Resolution



Individual Counseling

Middle School Individual Counseling Examples

- Stress/Anxiety
- Goal Setting
- Decision-Making Skills
- Coping Skills/Conflict Resolution



Final Words...

- Support academic success and social & emotional well being
- Resource to students and parents/guardians
- Open door policy for students
- Relax & Breathe! ☺



Encore at Meigs

Ms. Stephanie Clemson
stephanie.clemson@mnps.org

SEL at Meigs (Social & Emotional Learning)

Ms. Susan Purcell-Orleck, SEL Facilitator

susan.purcell-orleck@mnps.org

SEL Core Competencies - casel.org



The Power of Pause

[brief paws...]



The Power of Pause

[brief paws...]



- Mindful Breathing

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers
- Self-Regulation Tools

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers
- Self-Regulation Tools
- Hand Rhythms

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers
- Self-Regulation Tools
- Hand Rhythms

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers
- Self-Regulation Tools
- Hand Rhythms
- Gratitude Practice

The Power of Pause

[brief paws...]



- Mindful Breathing
- Mindful Movement
- Emogers
- Self-Regulation Tools
- Hand Rhythms
- Gratitude Practice
- Community Building

Benefits of Mindful Breathing

- * **Reduces stress**

- * Lowers blood pressure

- * Helps relieve depression

- * **Helps relieve anxiety**

- * Improves mood

- * **Improves concentration**

- * **Improves focus**

- * Improves listening skills

- * **Improves decision-making skills**

- * Improves sleep

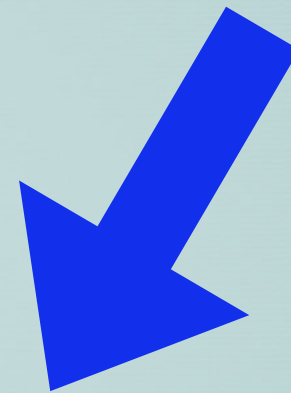
- * Boosts energy levels

- * Improves self-esteem

- * **Improves memory**

- * Increases creativity

Emotions + Managers



Emogers



move
THIS WORLD

movethisworld.com

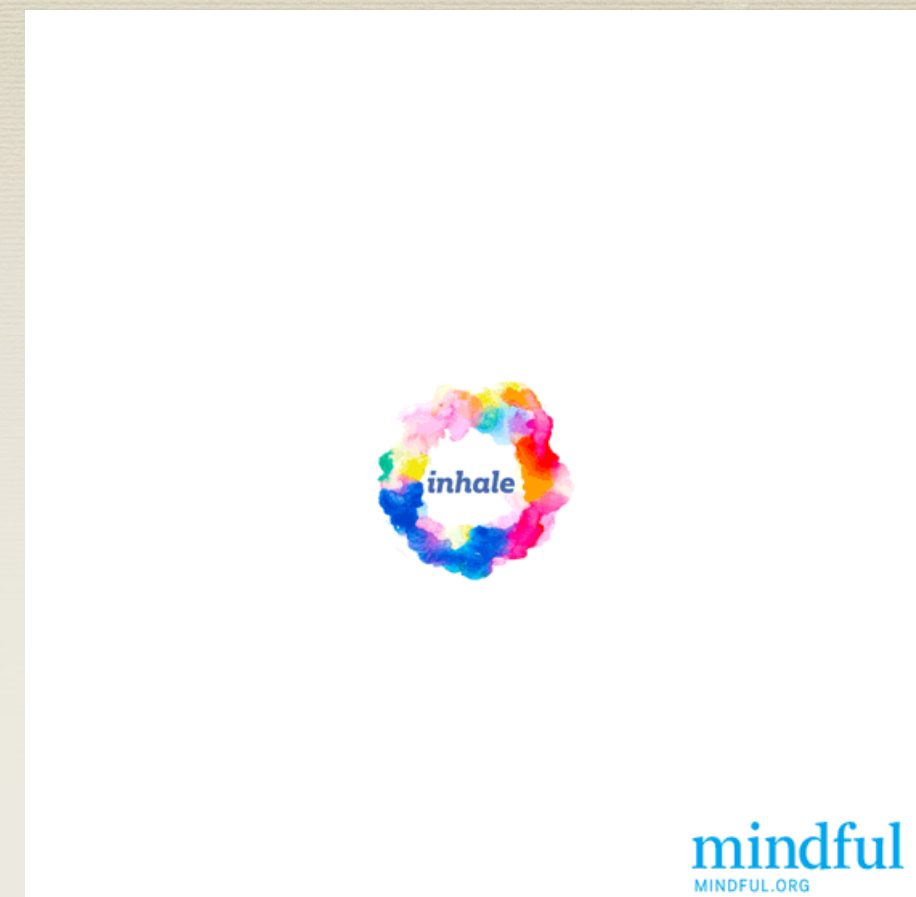
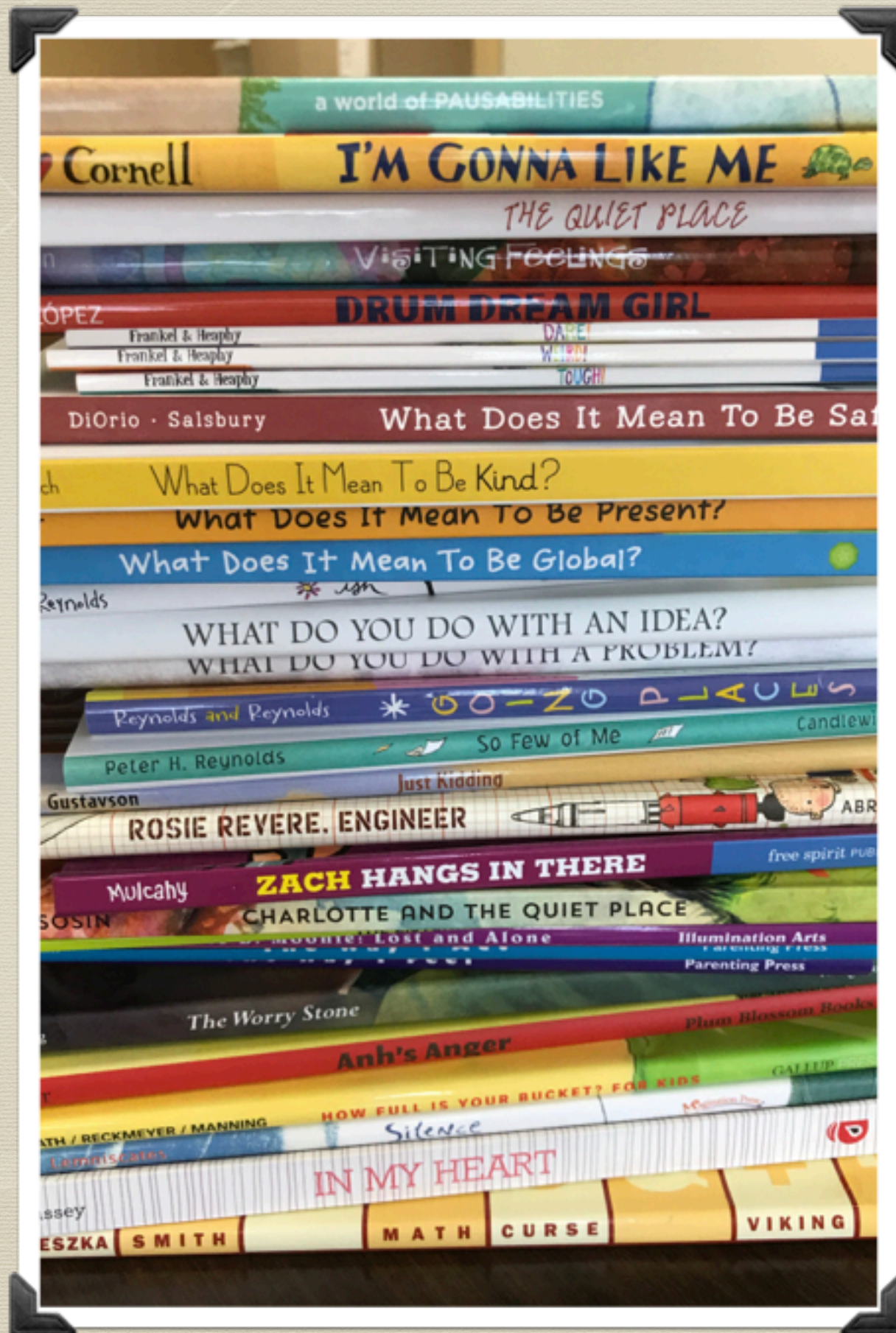
Log In for Family Access

Username: Meigs

Password: movethisworld

Emogers - MTW Video







SEL at MEIGS

selatmeigs.weebly.com

Contact Information

Stephanie Clemson - Gifted & Talented
stephanie.clemson@mnps.org

Belinda Hotchkiss, School Counselor, Grades 5 & 7
belinda.hotchkiss@mnps.org

Melody Osborne, School Counselor, Grades 6 & 8
melody.osborne@mnps.org

Susan Purcell-Orleck, SEL Facilitator
susan.purcell-orleck@mnps.org

Meigs Academic Magnet

713 Ramsey Street
Nashville TN 37206

Dr. Samuel S. Underwood
Executive Principal

