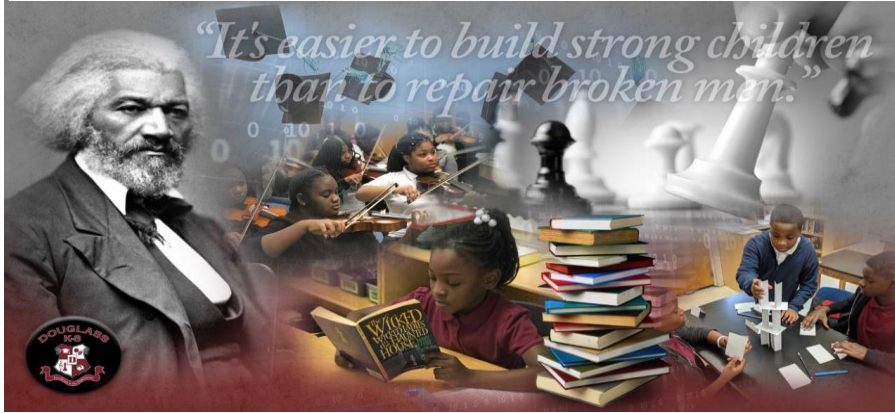


Monday, April 6, 2020

Welcome to the School Counselor's Corner



Connect with Counselor Healey

Greetings DK8 Family. During this time, we will support the success of our students, parents, faculty and staff through meaningful lessons or videos. We will provide these resources to help develop our DK8 family socially, emotionally, and academically. Thank you for your continued patience and support.



Have Questions or Need Assistance

Contact Ms. Healey, Middle School Counselor
healeyma@scsk12.org or (901) 295-9538

Contact Days/Hours: Mon & Tues 12n-2p.m.

Zoom Virtual Lessons: Wednesdays 12:30-1:30 p.m.

Zoom Meeting ID: 308 496 059

<https://cizremote.weebly.com/counselingasesoramiento.html>



Douglass Scholars!

Socio-Emotional Learning
Mindfulness

https://youtu.be/ihwcw_ofuME

Controlling Our Emotions

<https://youtu.be/3bKuoH8CkFc>

Efficacy for Students

Kid President Pep Talk

<https://youtu.be/RwlhUcSGqgs>

Study Skills

Test Taking Skills-Multiple Choice

<https://youtu.be/0aF7G0TMh7M>

Learn how to Study

https://youtu.be/OwJkr_ePxiE

Parents & Faculty!

Relieve Stress- Meditation

<https://youtu.be/SEfs5TJZ6Nk>

Mindfulness is a Superpower

<https://youtu.be/w6T02g5hnT4>

Job Opportunities!

https://choose901.com/jobs?gclid=EAlaIqobChMI1abA_4e26AIVDbbIC_h3oTQq6EAAYASAAEgIgwvD_BwE

Givinia Causey, Principal

Douglass K8 Optional

1650 Ash Street

<https://schools.scsk12.org/douglass>

-k8