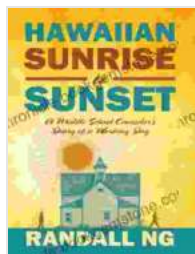


# A Middle School Counselor's Diary of a Working Day



## Hawaiian Sunrise to Sunset: A Middle School Counselor's Diary of a Working Day by Robin Roberts

★★★★☆ 4.6 out of 5

Language	: English
File size	: 465 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages
Lending	: Enabled



As a middle school counselor, my days are always busy and varied. I work with students, parents, and colleagues to support the academic, social, and emotional well-being of our students. No two days are ever the same, but I always approach my work with a passion for helping young people succeed.

### 7:00 AM

I wake up and get ready for the day. I make a quick breakfast and then head to the gym for a workout. I find that exercise helps me to clear my head and focus on the day ahead.

### 8:00 AM

I arrive at school and check my email and voicemail. I also take some time to review my schedule for the day. I have a meeting with a student who is struggling academically first thing this morning.

### **8:30 AM**

I meet with the student and we discuss her academic concerns. She is a bright student, but she is struggling with math. We talk about different strategies that she can use to improve her grades. I also provide her with some resources that she can use to get extra help.

### **9:00 AM**

I have a meeting with a group of students who are interested in starting a new club. We discuss the different types of clubs that they could start and what the requirements are. I also provide them with some tips on how to write a club proposal.

### **10:00 AM**

I meet with a parent who is concerned about their child's behavior. The child has been getting into trouble at school and the parent is looking for ways to support their child. I provide the parent with some resources and we discuss different strategies that they can use to help their child improve their behavior.

### **11:00 AM**

I have a meeting with a colleague to discuss a student who is struggling with anxiety. We talk about different strategies that we can use to help the student manage their anxiety. We also discuss the importance of providing support to the student's family.

## **12:00 PM**

I have lunch with a group of students. We talk about their day and what they are looking forward to in the future. I also provide them with some tips on how to succeed in middle school.

## **1:00 PM**

I meet with a student who is having trouble making friends. We talk about different ways to make friends and I provide her with some resources that she can use to get involved in activities at school.

## **2:00 PM**

I have a meeting with a group of teachers to discuss a student who is struggling in their class. We talk about different strategies that we can use to help the student succeed. I also provide the teachers with some resources that they can use to support the student in the classroom.

## **3:00 PM**

I have a meeting with a student who is interested in applying to high school. We discuss the different high schools in the area and what each school has to offer. I also provide the student with some tips on how to write a strong high school application.

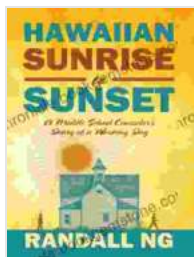
## **4:00 PM**

I spend some time catching up on paperwork and preparing for the next day. I also take some time to reflect on the day and what I could have done better.

## **5:00 PM**

I leave school and head home. I am always tired at the end of the day, but I am also always grateful for the opportunity to make a difference in the lives of young people.

Working as a middle school counselor is a challenging but rewarding experience. I am constantly learning and growing, and I am always inspired by the resilience and determination of my students.



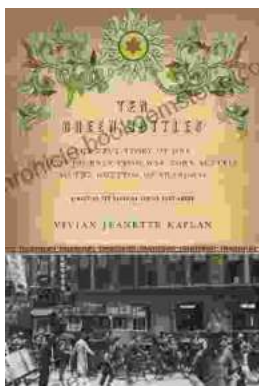
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