

The Counseling Chronicle

Reflection (End of the Year)

OUR TEAM

K-5 Counselor: Zac MacLean zmaclean@eagleridgeacademy.org

K-5 Student Support: Melissa Madson mmadson@eagleridgeacademy.org

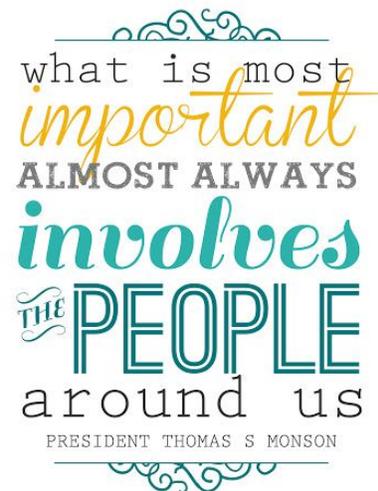
6-8 Counselor: Jean Soule jsoule@eagleridgeacademy.org

9-12 Counselor: Nicole Cecka ncecka@eagleridgeacademy.org

CLASS of 2020!

There has been much that has brought you to this day - your high school graduation! You did it, you made it, and we are proud of you! We hope you will take some time to reflect on the adventure; the good and maybe the not so good. All of those moments on this adventure shaped you and YOU should be celebrated. Please watch this video [A Message to the Class of 2020](#). Post-viewing, we hope you will connect with classmates or family to discuss the following:

- What is one significant "puzzle piece" from your high school experience that you value? Why do you value it?
- If you were to thank three individuals who have supported and encouraged you over the last four years, who would they be and why?
- Name something that you thought was important as a ninth grader that you now find less important as a senior.



-
- What do you find important now that might not be as important to you four years from now?
 - What meaningful advice would you give to juniors as they approach their senior year?

We challenge you to document and share one thing that you are doing to “spread some good and finish well”!

Reflection Questions for School Age Children

It's hard to remember that we were in school for 3/4th of the year and many great things were going on during those learning months. Then our schooling changed to distance learning and being away from our teachers and friends physically was and continues to be tough. The pandemic, the worries, the stressors all shifted very quickly and I have a hard time remembering that we were together for much longer than we have been apart. This is a great time to remember the school year as a WHOLE. Remember the things that were tricky and hard at the beginning of the year, that now your child can do with ease. Remember what your child didn't know in Quarter 2, that now they know how to do. Use the list of questions below as conversation starters to think back on this 2019-2020 school year, not just March to June. You will find a lot of bright spots in that September to February time frame, and you will hear a lot about resilience and perseverance in the March to June time frame. All of these pieces of the year have shaped and changed your family and your children. We all did it together, and will continue to grow together during this time.

1. What is something you did this year that you think you will remember for the rest of your life?
 2. What is something you accomplished this year that you are proud of?
 3. What was the nicest thing someone in your class did for you this year?
 4. What was the most challenging part of this year for you?
 5. Where is your favorite place in your classroom (or school)? Why?
- 

-
6. If you could change one thing that happened this year, what would it be?
 7. What are three things you did this year to help people?
 8. What are the three most important things you learned this year?
 9. What is something that was hard for you at the start of the year but is easy now?
 10. In what area do you feel you made your biggest improvements?
 11. What is your favorite part of the day in your class? Why?
 12. What is something you taught your teacher or classmates this year?
 13. Of the books you read this year, which was your favorite? Why?
 14. What was the best piece of writing that you did this year? Why do you think it is your best?
 15. What person at our school has made the biggest impact in your life this year? Why?
 16. What are six adjectives that best describe this school year?
 17. Knowing what you know now, if you could write a letter to yourself that would travel back in time so that you would receive it at the start of the school year, what advice would you give your younger self?
 18. When you consider the rest of your life, what percentage of what you learned this year do you think will be useful to you?
 19. What advice would you give students who will be in your current grade next year?
- 

Finding Silver Linings

[Perspective | Yes, there is panic. But I'm embracing a slower life.](#)

This article is written by a mother of 4. She writes about how crazy busy their lives were prior to the pandemic, something many of us with school aged children can understand. We spent our evenings racing to complete homework and eat a little something before we were off in different directions to take different children to their nightly activities. Erin O'Conner has found a silver lining in this whole pandemic and the forced slow down. Like Erin, I have found myself enjoying the family time of playing board games or movie night, eating family dinners, and learning more about all the members of my family. Try to remember, when we make it out of this pandemic, some of the moments we have enjoyed and the routines we have made during this time might be worth keeping. Hopefully, when we reflect back on this time with family, it can bring some positive stories of the memories you made and the moments you shared as a family.



**FAMILY TIME
IS SACRED TIME
AND SHOULD BE
PROTECTED
AND RESPECTED.**
PRESIDENT BOYD K. PACKER