

Student Self-Advocacy

Lake Braddock Middle School

**Need more help? See your
school counselor!**

Counselors help students develop academic achievement strategies, manage emotions and apply interpersonal skills, and plan for postsecondary options. This is done through:

- School Counseling Core Curriculum – Counselors design and deliver a curriculum of lessons to promote healthy development and academic achievement.
- Individual Student Planning – School counselors help students plan for their immediate and long-term academic futures through goal-development, team conferences, scheduling, academic support classes, and support for students who have 504 plans and IEPs.
- Responsive Services – When students have concerns, school counselors provide individual counseling and advocate for the immediate needs of students.
- Referrals, Consultation, and Collaboration – Many students need to access the support or expertise of various professionals or adults. School counselors are the catalyst for connecting students to these vital people.
- Program Planning – School counselors collect and analyze data to plan and evaluate the school counseling program and school support activities.

Purpose: One of the goals of middle school is to help students become independent learners. A large part of this is promoting self-advocacy skills. One way we can help our student advocate for their needs is by encouraging them to reach out to their teachers personally either in person or through email. Teachers very much enjoy receiving emails from students. It tells them that the student is invested in the class and in themselves.

The next time your student has a question about a class, a skill, assignment, or procedure please encourage them to reach out to the teacher personally through email. An email from a student should include the following parts:

- Student's first and last name.
- The subject and period that the student is in.
- The specific question that the student has with as much as detail as possible.



Here's an example!

Hi Mrs. Johnson,

This is Susie Jones from your 3rd period Spanish I class.

I'm trying to figure out how to complete the project you assigned us on unit 2. Where can I find the graphic organizer that we need to use? I've looked at Blackboard and on Google classroom, but I can't find it.

I really appreciate your help with this!

Thank you and have a good night,

Susie

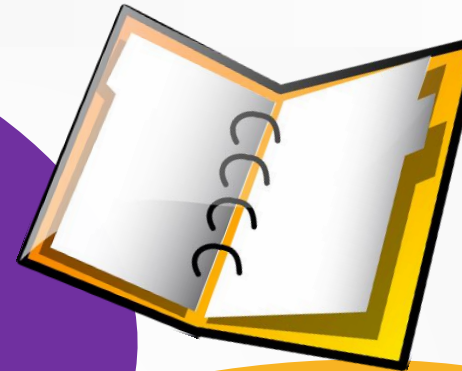
Helping Students 'Keep it all Together'

Lake Braddock Middle School

Staying Organized

- At _____ (time) before bed, double-check that your backpack has everything you need for the next day.
- Write in your assignment planner for every subject.
- Keep one big binder for all subjects that you take everywhere with you.
- Get an accordion folder that's only for homework that needs to be turned in.
- Only take things out of your backpack or locker that you're using or turning in. If you're done using it, put it right back in when you're done.
- "De-clutter," or once a week on _____ (day) at _____ (time), look through your backpack and binder for loose papers and put them in the correct place.

Having trouble staying organized? Check off the ones you're already good at and do the ones you don't currently do.



Having trouble getting all of your homework done and turned in? Check off the ones you're already good at and do the ones you don't currently do.

Completing Homework

- Set up a designated homework time for each day.
 - Pro Tip: Set start & end timers to keep you on track.*
- Use an accordion folder for homework that needs to be turned in.
- Write in your assignment planner for every class.
 - Pro Tip: Make sure you write down when you have to check Google classroom or Blackboard.*
 - Pro Tip: Write "No HW" when you're sure you have no homework.*
- During your designated time, read your planner, complete assignments, and put finished work in the homework folder.
- If you don't know how to do your homework, use all of your resources and make your best attempt.
- When you're done, check off the work in your planner, and show your parents what you finished each night.

Designated Homework Times

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Start Time							
End Time							