THE COUNSELING CONNECTION

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IMPORTANT EVENTS

Spring Break
April 6-10
No school

Spirit Days

Monday, April 13 - Comfy Day

Tuesday, April 14 - Dress As Your Future Self/Career

Wednesday, April 15 - Hat Day

Thursday, April 16 - Dress as Someone Who Inspires You

Friday, April 17 - Under the Sea! Wear blue or dress like a sea animal.

Wednesday, April 22 - Earth Day! Wear green, flowers, or anything earth-like!

Celebrating & Strengthening Your Brain

Everyone is unique. We all learn at different rates and with different tools that help us to succeed. This month, our counseling lessons focused on helping students understand exactly how their individual brains work. We learned about **neuroplasticity**, which is the brain's amazing ability to grow and change like a muscle when we practice hard things. Additionally, the students also learned about their own "**prescription for learning."** Everyone has specific "dosages" of practice, rest, and unique strategies they need to unlock their full potential. By connecting the science of the brain with a personalized plan for growth, we are showing students that they are not stuck where they are; they have the power to literally rewire their path to success.

Neuroplasticity

Students learned that the brain is made up of neurons that serve as messengers. The messengers send signals through something called synapses. Every time we learn something new, these neurons communicate. As we practice new skills and learn new things, the neurons will fire faster each time. This will eventually build strong neural pathways allowing our new skills to become easier. When we give up when things are hard or difficult, this prevents the neural pathways from developing, which is why we should never give up when something is difficult.

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Celebrating & Strengthening Your Brain (Continued)

To observe this in action, the students passed a ping-pong ball using only a spoon. They first tried with their non-dominant hand, then switched to their dominant one. The students observed that using their dominant hand was significantly faster and smoother than their non-dominant hand. This simple exercise perfectly illustrated that because we use our dominant hand more often, those neural pathways are stronger and more efficient.

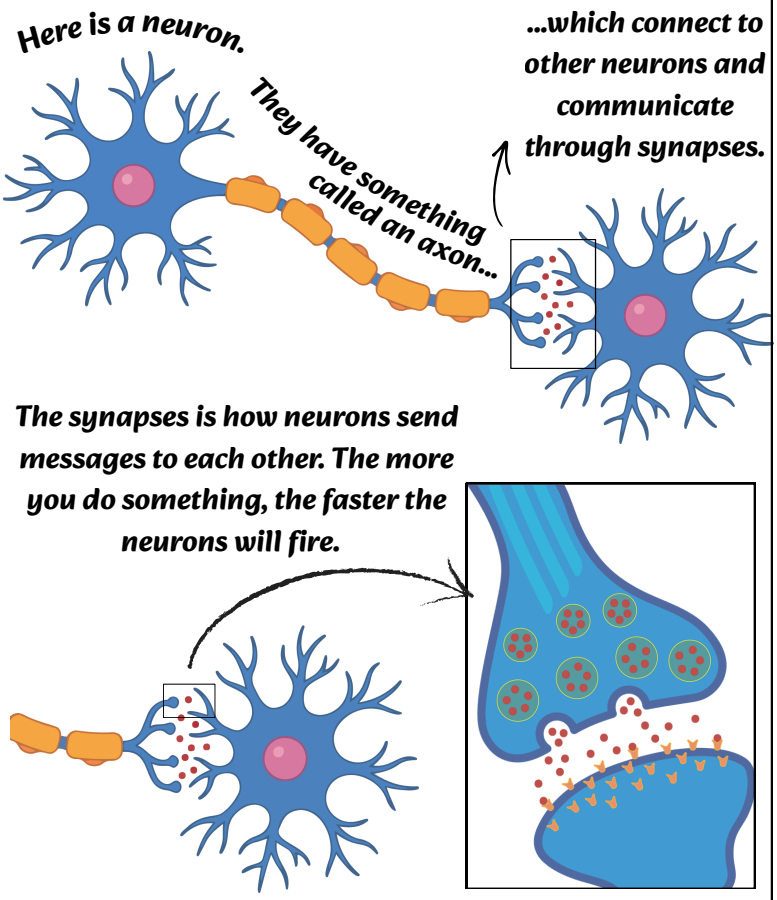
Prescription for Learning

In addition, students received a lesson titled "Prescription for Learning." The purpose of this lesson was that every student learns differently, and that is okay!

We discussed how there is no "one-size-fits-all" way to learn. Just like a doctor might give a different prescription to help different people, each student has their own unique way of processing information. We talked about how:

- Being different is a strength: Our classroom is better because we all bring different perspectives and styles to the table.
- It's okay to struggle: A task that feels easy for one person might take more time for another, and that doesn't mean anyone is "behind," it just means their learning journey looks different.

Our goal is to create a space where every student feels confident in their own skin.



Illustrated above: Graphics from the classroom lesson presentation. They illustrate a neuron and how they participate in synapsis.

All in all, to continue the conversation at home with your child(ren) emphasize these key points:

- Highlighting the "Struggle": Next time your child feels frustrated with a new task, remind them that their brain is simply busy building and strengthening a neural pathway.
- Celebrating Diversity: Ask your child what their unique strengths are and reinforce that everyone brings something special to the table.
- Focusing on Effort: By focusing on the process of learning rather than just getting the right answer, we help them value the effort and unique way their own mind works.

HAVE A WONDERFUL SPRING BREAK (APRIL 6-10)