

NEMS School Counseling Department

Mrs. Natalie Belfiore-School Counselor-Grades 6-7-8

Mission

The focus of the School Counseling Department is to provide a comprehensive, developmental school counseling program addressing the academic, career and personal/social development of all students.



What Does the School Counselor Do?

The School Counselor is a professional school advocate who provides assistance and encouragement to maximize student ability and academic achievement. In collaboration with teachers, administrators, parents or guardians and the community, the School Counselor guarantees all students have access to and are prepared with the awareness and skills to thrive in life and achieve their goals.

Who Is Your School Counselor?



My name is Natalie Belfiore and I am the School Counselor at New Egypt Middle School. I am extremely excited to be at NEMS and am eager to take on all of the school's challenges and triumphs. I have many exciting programs and activities that I would like to implement with the students this year and in years to come. I look forward to getting to know all of my students and helping them become thriving, successful individuals in academics, future careers and their personal lives as well. I believe that every student has the ability to achieve greatness and I am here to support them during their journey through school and life!

Parent & Family Resources



Bullying Prevention- <http://stopbullyingnow.hrsa.gov/>
Internet Safety- <http://www.wiredsafety.org/>
Drug & Alcohol Prevention- <http://family.samhsa.gov/>

Study Skills: Ten Ways to Get Good Grades

1. Believe in yourself.
2. Be organized-Use your planner!
3. Manage your time well.
4. Be successful in class-Be in school every day on time and prepared to participate and learn!
5. Take good notes.
6. Know how to read a textbook-scan, read with purpose, and review.
7. Study smart-find a good place, organize your time, study the right material, and review often.
8. Use test-taking strategies-follow directions, read all answers before choosing one, and check your answers when you're done.
9. Reduce test anxiety-take a deep breath, calm your body, visualize a happy place, and relax!
10. Ask for help when you need it-parents, teachers, counselors and friends are always willing to lend a hand!



Adapted from O'Brien, L. (2009). *How to get good grades in ten easy steps*. Dayton, OH: Woodburn Press.



Social Skills Tips

Get involved-sports, clubs, in-school/after-school activities, and youth groups are all great ways to meet new people, find common interests, and make new friends.

Develop and keep friendships-smile, say hello, be a good listener and be kind to everyone.

Be a good sport-in school, at home, during play/games and organized sports.

College and Career-Start thinking early

<http://www.aie.org/middleschool/index.cfm>

<http://mappingyourfuture.org/planyourcareer/careership/>

8th Grade Links

Ocean County Vocational Technical School District (OCVTS)

<http://www.ocvts.org/>

Interdistrict Public School Choice Program-Allentown High School

http://www.ufrsd.net/pages/hs_coun_choice_application

