

COUNSELORS' CORNER

Quarterly Newsletter of the Oakbrook Middle School Counseling Department



MEET YOUR OMS COUNSELORS!!

We are so excited to welcome you to the 2022-2023 school year! The counselors at Oakbrook Middle School are: Ms. Glasscho, Ms. Scott, Ms. Jamison and Mr. Reuben. We are grateful to have Mrs. Knox join us as our intern for the fall semester. We look forward to guiding you throughout your time at OMS!

SPOTLIGHT ON COLLEGE AND CAREERS

This quarter, we are focusing on Business and Information Systems. Career clusters in this area include: Business Management and Administration, Finance, Information Technology and Marketing. We will also dive into life at a 4-Year college or university during this quarter.

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MS. JAMISON, 7TH GRADE COUNSELOR

CHARACTER COUNTS!!

Each quarter, we will focus on different character traits. For the first quarter, we will focus on **Respect and Responsibility**. According to Kids Helpline, "respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally –it is something you learn. "Talking Tree Books breaks down responsibility as such: "Responsibility means you do the things you are supposed to do and accept the results of your actions.

- A responsibility is something you are expected to do.
- Being responsible is doing the things that you are supposed to do.
- Accepting responsibility is taking the praise (or the blame!) for something you have done



Counselor Profile: Lowanda Jamison

Hi, I'm Lowanda Jamison and this is my 27th year as a School Counselor. I have been at Oakbrook Middle School for 17 years. I have a Bachelor of Science degree in Psychology and a Master of Education in Secondary Counselor Education from South Carolina State University. I have a passion for working with kids and went into education to help them navigate through these most challenging years in their lives. My motto, that I share with my students often, is to Be Yourself because I'm passionate about helping students be their best selves. I wish for each of them to reach their highest potential in everything they do.

When I am not counseling, I enjoy learning about different cultures and spending time with family and friends. I am the proud mother of twins who also attended Oakbrook Middle School. I enjoy cooking, dancing, painting, meditation, and taking care of my plants. These activities are all good for the soul. I am a lover of all things positive and spreading happiness and joy.

CLASSROOM LESSONS

- 6th grade classes: Mr. Reuben will present lessons on Introduction to Middle School and how to have a successful school year through Self-Management & Responsible Decision-Making.
- 7th grade classes: Ms. Jamison will present lessons on Responsible Decision-Making.
- 8th grade classes: Ms. Scott and Ms. Glasscho will present lessons on School Year Success (Self-Management & Responsible Decision-Making).