

## Guidance News – April, 2019



I hope that you had a restful Spring Break and that you are ready to start the last quarter of the school year. It's hard to believe that three-

quarters of the year has already passed! In guidance class during the month of March, we mainly focused on looking at different careers or career skills that we need to know in order to be successful later in life. We did this through a variety of different ways.

Kindergarten students were shown different tools that someone would use at a job and had a chance to guess which career would use those tools. They did a great job and had fun learning about some different careers. They also got to draw a picture of what they would like to do when they grow up.

First grade students learned that it is important to know our personal preferences when it comes to selecting a career. Whether we like to work inside or outside, alone or with people, there are many things that affect if a career might be a good match for us. We also talked about social skills that are needed to be a good worker and team member and practiced using those in class.

Second grade students learned about different careers and then talked about the different skills they would need to be successful at that career. We discussed how they might need to work on certain skills that are not as strong as others to help them be successful. We also discussed the importance of selecting a career that is a good fit for their interests and personal preferences.

Third grade students did a worksheet to learn more about themselves, including their interests and skills. Next, they had an opportunity to go online and look at careers that may be a good match for them based on their interests. They had time to research a career and learn more about it, then share the information with a classmate.

Fourth grade students have been working hard on career packets that they will be sharing with you at student-led conferences. If you are not able to make it, ask them to show you at home so that they can have an opportunity to show you all their hard work and what they learned. They all did a great job and put a lot of effort into completing their packets!

If you haven't already heard, the 4<sup>th</sup> grade students will have the opportunity to attend 'Discovering Dyer' on Wednesday, April 24<sup>th</sup> from 6:30-7:30pm. We encourage you to attend with your child so you can learn more about Dyer Intermediate School.

Finally, this month's Common Sense Media tip sheet is 'Distraction, Multitasking and Time Management'. While it is talking about phones in the article, these tips could certainly be applied to any kind of device, whether it be a television, tablet, computer, gaming system or phone. As always, please let me know if you have any questions or concerns that I can help with!

Jean Freund  
School Counselor

## Distraction, Multitasking, and Time Management

Technology isn't going anywhere. But multitasking — specifically media multitasking — is a concern. Some parents feel like kids may benefit from learning how to work around disruptions, since they're going to need this skill for their entire lives. On the other hand, research shows that media multitasking can have a negative impact on school performance.

- **Try an experiment.**

It's important to develop a strategy to help your kids focus and tune out distractions. If the strategy is successful, it can become a good habit. When you figure out what strategy you want to try (see the tip below for some ideas), propose an experiment. Say: "I've noticed that you get distracted by your phone during homework. I get distracted by my phone when I'm trying to work, too. Let's try an experiment." Then, explain the strategy you would like them to try. You may want to set a specific amount of time for the experiment as well (e.g., "We'll try this for three days" or "We'll try this on Tuesdays and Thursdays"). It can also be helpful to offer to try the experiment together — and doing a joint-experiment gives you an easy entry point for conversations during and after to explore what worked and what didn't.

- **Get some distance from the distraction.**

Many kids describe how a constantly buzzing cell phone distracts them from their work. But they have difficulty turning it off, for fear of missing out. After discussing it with your child, consider these solutions:

- **Get some physical distance from your phone.** Leave it in another room or put it in a drawer or box that isn't within arm's length.
- **Turn it on silent.** And keep the phone facedown on the table.
- **Take breaks for tech.** After a certain amount of homework time, or after an assignment is completed, take 15 minutes to check and respond to messages.

- **Try self-regulation apps to eliminate distractions.**

Learning to self-regulate is an essential skill. But kids often need support — and in fact, they often welcome tech solutions that help them manage their time. There are a number of apps designed to help people focus. Some apps let you block certain websites for a set amount of time. With others, you can whitelist and blacklist sites. For example, you can still use Wikipedia to read about mitosis, but you won't be able to get on Facebook. Some teens like such self-regulation apps because they are taking responsibility for setting rules for themselves. They allow teens to stay in the driver's seat, recognizing and managing the benefits and pitfalls of a 24/7 digital life.