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## Winter park high school guidance counselors

When you meet privately with a school counselor, your conversation will probably be confidential. The counselor won't talk to her business at school. Different schools have different policies, however. Then talk directly to your advisor about what he or she considers confidential. In very rare cases, an advisor is unable to keep the information confidential. An advisor who thinks someone is at risk of being harmed is required by law to share this information. Even in these rare cases, the counselor will only share this information with the people they need to know. People sometimes worry that other students think they are seeing the counselor because they have big problems or are in trouble. But in most schools the counselor deals with many school issues—as well as personal ones. So you may be meeting for career advice or advice on which classes to take to college. Your friends and classmates don't need to know why you're seeing the counselor unless you choose to tell them. Your school counselor is someone who is separated from your life - a neutral adult who is not a parent, relative or teacher. Your school counselor is not a therapist. (So if you see your counselor, it's not the same as therapy.) If you need help in any way that the school counselor cannot provide, he or she can give you information about other resources, such as the name of a therapist. No matter what your problem is, try to think of the counselor as someone who's on your side. Even if you've had a bad experience in the past with another counselor or private therapist, don't hesitate to contact your school counselor—or talk to the counseling office about going out with someone else if you don't click with your current counselor. Each counselor is different, and most understand that it is natural for people to be more comfortable with some individuals than with others. Don't be surprised if your parents know your school counselor. They may even be in contact with each other. Counselors sometimes offer workshops for parents, with or without their children, on topics such as study skills or drug abuse prevention. It's good for the counselor and his parents to get to know each other when all is well. That way, if a problem arises - like you're being bullied or there was a death in the family and you had to be out of school - they'll be able to work together comfortably. If you're seeing your counselor and your parents don't know about it, don't worry that the counselor will talk to them about their meetings. Unless you have given the counselor the feeling that you may harm yourself or others, what is said in meetings will only be between you and the counselor. School counselors are all about helping to make your school experience the best it can be. The role of the school counselor today is very different than that Like when your parents were in school. Instead of just focusing on school work and careers, today's counselors are there for students more broadly. They help students deal with almost any problem that could hinder learning, guide students to productive futures, and try to create a positive environment for everyone at school. So if you need advice from a counselor, just ask! Reviewed by: Steven Dowshen, MD Date revised: October 2015 School counselors are people you can turn to when you need help. They're good listeners, and they want to help you get the most out of school. School counselors help students deal with all kinds of problems. For example, they can help if a child is: being bullied at school struggling in math and needing extra new help for school and not having friends still upset about a family problem such as divorce or the death of a loved one having concentration problems in homework having friendship problems feeling nervous about what to expect next year in high school if you are going through any kind of problem , a great person to share your thoughts and feelings is your school counselor. How do I know my school counselor? It's a good idea to meet the school counselor, even if you don't need help right now. Some school counselors visit the classroom to teach lessons about feelings, study skills, friendship skills, defending themselves, or dealing with bullying. Students may also meet privately with their school counselor in the counselor's office. Some counselors have special group meetings for children who are dealing with the same issue—such as divorce in their family, or a loved one who has died. If you want to speak privately with your counselor, ask your teacher, parent, or someone who works in the school office. Reviewed by: Steven Dowshen, MD Date revised: August 2016 Do you realize how lucky you are to be a student? This is literally the only time in your life that you are actually guaranteed winter vacation. Whether you have a sweet week between Christmas Eve and New Year's Day, or a longer postponement until the month of December, you have very good compared to all the workers out there. And since one day you'll be among those who work hard, enjoy while you can. The truth is that the United States is the only nation in the developed world that does not legally require employers to provide paid vacations. That doesn't mean your future employer doesn't offer a competitive vacation package—after all, a happy, well-rested employee is productive. Still, you have no guarantees. As a college student, on the other hand, you rely on some fairly reliable guarantees at this time of year - exciting bowl games, amazing martial band performances, probably some sort of tradition involving naked stripes in sub-zero temperatures, and of course a good, good, piece of time off. So why, as students, are we so privileged? Why, as we prepare for the bitter realities of professional life, are we so isolated from this most bitter reality of working on the morning of December 26? Well, let's start with a quick reflection on the time of year that college students usually observe the winter holidays. To put it obvious, both Christmas and New Year's Day are federal holidays, so most non-essential people enjoy at least two days of locked vacation (except, of course, in those years when both occasions land on successive Saturdays). It is reasonable to assume that winter holidays are observed in deference to the large number of Americans celebrating Christmas. Put more directly, we have time off for Jesus' birthday. But the thing is this: there is no biblical justification for the fact that this great birthday party is held on December 25 of each year. In fact, based on the details provided in the Bible, astronomical records, and the fact that a Beach Boys song was at the top of the stops that day, it seems more likely that Jesus was actually born in the summer. This means that it is not entirely necessary to say that we enjoy a prolonged winter break because of the birth of Jesus. In fact, the celebrations broadcast at this time of year actually precede year zero for millennia. Just as we do today, people from all over the ancient world observed the winter solstice through rituals and celebrations. This means that in the northern hemisphere, communities have celebrated the end of December by making things about open fires and sharing joy for many thousands of years. In fact, despite the religious connotation of the Christmas holiday, the time of observation has its roots in the pagan tradition. The adulation reserved for Jesus of Nazareth every December was visited on Saturn, the Roman god of agriculture, wealth and renewal. Saturnalia was held on December 17 of the Julian calendar. His observation was marked by celebration, celebration and, of course, a sacrifice to the titular god. So dear was this happy occasion that the Romans gradually stretched the holiday from a mere day to a week full of frivolity that included public revelry, temporary legalization of the game, and a loosening of the rigid system of Roman castes. They even say that the masters provided table service to their slaves on this occasion. So, in essence, Saturnalia was a long, long winter rager like you've never seen. So, in essence, Saturnalia was a long, long winter rager like you've never seen. It was also so popular and loved that it seemed perverse to dismantle tradition just because Rome eventually made the collective conversion of pagan worship to Christian monotheism. So even when the Holy Roman Empire his version of Christianity around the world known he was busy busy Saturnalia for the age of monotheism. That's how the week-long celebration of exalting Saturn became a weekend celebration extolling Jesus. While scholars disagree on exactly what time of year Jesus was born - with competing theories putting the event in the spring, summer or autumn - and even about which year Jesus was born, one thing that most agrees is that there is no reason to think it happened on December 25. That this has become the eventual landing site for Jesus' birthday is a fact we owe to the pagan tradition - as well as the pillars of the holiday, such as the yule trunk, the gift donation and the phrase You will shoot in your child's eye. Okay, maybe not the last, but the others. The Western Christian Church officially coded the Date of December during the 4th century to coincide with the shortest day of the Roman calendar year. Emperor Augustus explained the decision in a sermon at the time, explaining: Therefore, it is that He was born on the day that is the shortest in our earthly reckoning and from which subsequent days begin to increase in length. He, therefore, who leaned down and lifted us chose the shortest day, but the one from where the light begins to increase. It's an inspiring concept. It's just one that most biblical scholars will readily refute. However, this is the short version of how we come to observe the birth of Jesus in convergence with the winter solstice, and how this observance tends to occupy at least a week. OK. Advancing from togas' time to the time when the National Lampoon Animal House was breaking the toga party in American popular culture. Okay, we're skipping a lot of history between Jesus Christ and Jimmy Carter, but if you want to know how a week-long celebration of Saturn became an oasis of vacation between fall and spring semester for America's college students, we look at our nation's 39th president. I'm going to set the scene. The year was 1979. Donna Summer ruled the airwaves. Dukes of Hazzard made his television debut. Islamic revolutionaries overthrew Iran's Pahlavi dynasty, destroying the global oil economy and launching the industrial world into a stunning energy crisis. Inflation has increased. The recession has begun. Gas stations were plagued by long lines and empty bombs. Poor Jimmy Carter never had a chance. But one thing came out of the malaise that you'll probably appreciate. America's energy crisis has put pressure on everything, including the country's schools and universities. Maintenance costs, energy shortages and enrollment are depressing trends. But these trends have helped forge the commemorative period of the time you are about to embark on. The colleges were looking for ways to navigate this difficult time. One of the ideas they was to start the school year a few days before while extending the duration of winter winter that was already revolved around Christmas and New Year. It served as an opportunity to shut down operations at a time of year when scuba temperatures translate into higher heating bills. By closing the dormitories, putting the academic halls on standby, and comparing them to barbonees staff, colleges could use some of these winter weeks to save energy and staff. As winter sessions have become standardized in many universities, it also has its extended winter vacation. As an added bonus, closing campuses for everyday students for a period of three to four weeks, colleges suddenly had the ability to offer mini-semesters during the winter holidays... and students now as the free time to enroll. In other words, running in energy-saving mode, colleges have found a way to earn a few dollars next door. In fact, winter sessions have become standard fare for students looking to make up some credits or emplacements in a critical prerequisite before a next semester. And as winter sessions are now common in many universities, it also has its extended winter vacation. Donna Summer no longer rules the airwaves. Dukes of Hazzard are no longer on TV (Hazzard County accent implied). But there's one thing we have in common with 1979. Powering up a university still costs a ton. In 2009, brown university students issued an editorial in which they called for their huge five-week winter vacation to be shortened slightly. In fact, they proposed swapping a week of cold vacation for a longer spring break. The editorial notes the Jimmy Carter effect: Some have speculated that there is an economic rationale for the longer winter holidays. Keeping the dorms closed until the end of January, the school saves money on a week of heating costs. While we don't have concrete data on how much money the current schedule saves compared to our proposed alternative schedule, we are optimistic that the benefit of the longer pause for students justifies the cost. It's certain that five weeks is a crazy winter break. Most of you probably have between two and three weeks at your disposal, and we're assuming you wouldn't trade a minute of it. Make the most of it. And be as you celebrate, don't forget to take a moment, look at the night sky, put your eyes on the North Star, and say a quiet word of thanks to Jimmy Carter. Happy Holidays, Season's Greetings, Glad Tidings, Merry Festivus, and everything else that is suitable for printing on a Hallmark card. Have an amazing winter break, and we'll see you on the other side. Last Updated: March 23, 2020

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