

The Mental Note

January Edition 2014



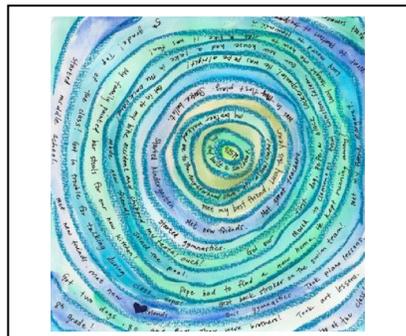
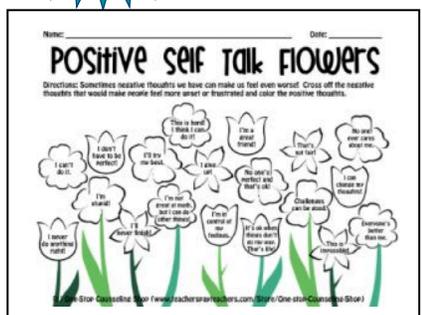
We had a great Christmas Party last semester. We had time to relax and enjoy each other's company. Don't miss out on our End-of-the-Year Party at the end of Spring. With the semester starting again, please keep in mind to continue to take some time for some much-needed self-care. Taking care of yourself will help you take care of your clients and do better on schoolwork. We will meet again in February and we hope to see you then!

Did you miss last meeting?

- That's okay! Here is what you missed!!
- Dr. Susan Belange spoke with us about eating disorders.
 - Noah Jones came and spoke with us about A Case for Dignity. We were lucky enough to hear his story about how he decided to begin the organization.
 - We have a **department t-shirt** design! T-shirt sales will begin next semester, so be sure to look for that email!



Have you visited our Pinterest yet? We hope so!! In case you haven't been able to find it, here is the link: <http://www.pinterest.com/deptofcns/>. Haven't had chances to look at it recently? Don't worry, here are our favorite pins!



My Years, In Tree Rings



A Case for Dignity CSI Drive

We had an **AMAZING** turnout for our Case for Dignity drive. CSI collected items such as backpacks, suitcases, toiletry items and small stuffed animals to be provided to children entering the foster care system. This program benefits children and adolescents in the Bowling Green community and was created by a fascinating young man, Noah who believed it was important for children to have a nice bag or backpack to place their belongings when leaving their home. Typically police officers were only able to provide trash bags for personal items. Noah wanted to make a difference and developed A Case For Dignity project where bags and items are collected year-round. Noah spoke at our fall CSI meeting to share his important information.

This drive was so popular and meaningful that many students and faculty outside of our department participated. Abby, a local Bowling Green student shared our drive with her classmates, and they all collected items. They were generous enough to provide fully supplied backpacks for boys and girls and each bag included a personal note! What an amazing young lady and leader to organize this project for her class to complete! Thank you Abby and classmates! Each of you showed leadership qualities and it was an act of kindness to think of others.

THANKS!

To All that Participated



Special Announcements



Special congratulations to **Leah Harper**! Leah is in her final semester as a school counseling student. She has been completing her internship at Bristow Elementary. Leah is also a teacher at Bristow Elementary. She has worked with students to create a form called Report a Bully. Report a Bully has been put online so that students and parents can anonymously report bullying that happens at school. If you would like to read the article in the Daily News, it can be found [here](#). Great job Leah!! She's another C&SA Superstar!!!

Upcoming Events



If you will be taking the Comprehensive Exam this semester, then join CSI for the Comprehensive Exam Review!

Wednesday February 12, 2014

3:30 p.m. - 5:00 p.m.

We will discuss the Essay Response, Registration, and Format

You will have an opportunity to ask questions.

Chattin' With Dr. Bratton

This activity can be used as a classroom guidance or psycho-educational lesson with groups.

USING YOUR WORDS AGAINST BULLIES

Imelda N. Bratton

Description: *This activity is intended for use during classroom guidance. It discusses situations such as bullying and peer conflict that typically occur in life. Additionally, the counselor will demonstrate a way that children can verbalize their feelings appropriately. Children can role-play the response during the presentation so they may know how to respond when they are in similar situations.*

Modality: Drama

ASCA National Model Domain: Personal/Social

Deliver via: Classroom Guidance

Age level: Elementary

Indications: Can be use as a way to teach students how to respond appropriately to situations that they do not like. This is an easy-to-remember response that can be integrated as part of a campus wide plan for positive behavior and empowerment development. This activity can be adapted to specific issues that a class or school is experiencing.

Materials: Pictures of various bully situations, a book that has a conflict situation, such as “King of the Playground” or “Bullies Never Win”

Preparation: To help stimulate student’s focus on the activity, have images ready to show at the beginning of the lesson. Provide ample room for student volunteers to role-play after reading the book.

Instructions:

1. Introduce the lesson by showing several pictures of bully or conflicting situations (such as arguing over a toy, pushing in line, hitting, etc.). Ask students if they have ever been in similar situations. Have them briefly describe how it felt. Discuss how most students have times when they do not like what is happening to them, for example if a friend pushes them or when a classmate tells them to do something they do not want to do.
2. Read the story to the class. Throughout the book talk about what is going on and how the characters feel when they are in bully situations or have issues they do not like. Model empathy for the character that feels bad to promote empathy development in students.
3. Suggested questions to explore during and after reading the book:
 - How do you think the character felt during the bully situation or issue they experienced?
 - How do you feel when you have a conflict with someone else?
 - How do you feel when you see someone else having a conflict?
 - What do you do when you have a conflict with someone else?
 - How does it usually turn out?
 - What do you think is the best thing to do when you see someone else having a conflict?

4. Let students know you will show them an easy way to tell others to leave them alone when they do not like what is happening. Show them by standing up, lifting your hand with a flat palm facing out (as if you were saying stop with your hand) and using a firm voice say the words “Please stop it, I don’t like it.”
5. Discuss with the students that by saying these words, they can tell someone else what they are feeling and they are telling the other person to stop what they are doing. Tell students that they do not have to use ugly words to tell someone to stop. These words are nice, but they are also powerful. Have the class practice saying these words all together at the same time so they may try it out and begin to feel comfortable.
6. Select a student to role-play a situation, such as pushing. The counselor will pretend to push the student and have the student use the words “Please stop it, I don’t like that” in response. Never allow the student to role-play being a bad guy, it is too much fun, and you do not want to encourage negative behaviors. Select several students and repeat various situations to model the response.
7. Tell students that sometimes they may see classmates having conflicts with each other. For example, they may see one classmate saying ugly words to another classmate. Let them know that they can use the words “Please stop it, I don’t like that” to others when they see someone being hurt by someone else. This helps empower students who are bystanders during bully situations.
8. To review the lesson, have a few students describe something they learned during the lesson. End the lesson by having the class repeat the words “Please stop it, I don’t like that” all together.

Suggested Modifications: For students with limited speech abilities, they may use the hand signal and shake their head to indicate “no.”