Pflugerville Middle School Resource Directory 2007-2008 PISD
Pflugerville Middle School
Resource Directory
PISD
2007-2008

Provided by the Counseling Department
of
Pflugerville Middle School
Pflugerville, Texas

Disclaimer: The names and contact information featured in this directory are provided as a courtesy. They are endorsed by neither Pflugerville Middle School nor Pflugerville ISD.
Purpose: The purpose of the Pflugerville Middle School Directory is to provide a starting resource for parents, teachers, and counselors in finding community assistance in times of need.

Disclaimer: The names and contact information featured in this directory are provided as a courtesy. They are endorsed by neither Pflugerville Middle School nor Pflugerville ISD.
# Campus Contacts

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Principal</td>
<td>Mary Kimmins</td>
<td>(512) 594-2010</td>
<td><a href="mailto:mary.kimmins@pflugervilleisd.net">mary.kimmins@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>Assistant Principal</td>
<td>Robert Stell</td>
<td>(512) 594-2017</td>
<td><a href="mailto:robert.stell@pflugervilleisd.net">robert.stell@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>Assistant Principal</td>
<td>Aubrey Johnson</td>
<td>(512) 594-2016</td>
<td><a href="mailto:aubrey.johnson@pflugervilleisd.net">aubrey.johnson@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>6th Grade Counselor</td>
<td>Sarah Mullin</td>
<td>(512) 594-2026</td>
<td><a href="mailto:sarah.mullin@pflugervilleisd.net">sarah.mullin@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>7th Grade Counselor</td>
<td>Julia Engelmann</td>
<td>(512) 594-2028</td>
<td><a href="mailto:julia.engelmann@pflugervilleisd.net">julia.engelmann@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>8th Grade Counselor</td>
<td>Yolanda Turner</td>
<td>(512) 594-2027</td>
<td><a href="mailto:yolanda.turner@pflugervilleisd.net">yolanda.turner@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>Campus Social Worker</td>
<td>Ana Bowie</td>
<td>(512) 594-0539</td>
<td><a href="mailto:ana.bowie@pflugervilleisd.net">ana.bowie@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>Campus Nurse</td>
<td>Wendy Mackey</td>
<td>(512) 594-2035</td>
<td><a href="mailto:wendy.mackey@pflugervilleisd.net">wendy.mackey@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>School Resource Officer</td>
<td>Abby Chapman</td>
<td>(512) 594-2040</td>
<td><a href="mailto:pmssro@pflugervilleisd.net">pmssro@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>School Psychologist</td>
<td>Leah Cook</td>
<td>(512) 594-2059</td>
<td><a href="mailto:leah.cook@pflugervilleisd.net">leah.cook@pflugervilleisd.net</a></td>
</tr>
<tr>
<td>Speech Therapist</td>
<td>Jennifer Perks</td>
<td>(512) 594-2058</td>
<td><a href="mailto:jennifer.perks@pflugervilleisd.net">jennifer.perks@pflugervilleisd.net</a></td>
</tr>
</tbody>
</table>
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Crisis Intervention

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Bluebonnet Trails Community
Mental Health and Mental Retardation Center

1008 Georgetown St.
Round Rock, TX 78664

(512) 244-8377
After 5 PM: 800-841-1255

Mental Health Crisis, Medication Monitoring
(Psychiatrist on Staff)

CAPE Team
(Children and Adolescents Psychiatric Emergency)

Austin/Travis County MHMR Center
56 East Avenue
Austin, TX 78701

(512) 804-3000

Intervention Services Unlimited

P.O. Box 662
Round Rock, TX 78680

(512) 763-0478
Fax: (512) 868-6812

Assessments, Crisis Intervention, Healthy Families Program

Sandstone Health Care

8820 Business Park, #400
Austin, TX 78759

(512) 346-9800
Fax: (512) 346-9840

Substance Abuse Services

Williamson County Crisis Center

211 Commerce Blvd., #103
Round Rock, TX 78664
(512) 255-1212

http://www.wccc.info

Adult and child victims of violent crime, domestic violence, and sexual assault.
Mental Health
And
Counseling
Agencies

Disclaimer: The names and contact information featured in this directory are provided as a courtesy. They are endorsed by neither Pflugerville Middle School nor Pflugerville ISD.
### Austin-Travis County Mental Health and Mental Retardation Child and Family Services

1430 Collier Street  
Austin, TX 78704  

(512) 447-4141  
Crisis Line: (512) 454-3521 or (512) 472-4357  

http://www.atcmhmr.com (under “services” link)

Provides quality mental health services to children, adolescents, and their families who reside in Travis County and those who are eligible for assistance.

### Austin Child Guidance Center

810 W. 45th Street  
Austin, TX 78751  

(512) 451-2242  
Fax: (512) 454-9204  

http://www.austinchildguidance.org

Provides mental health evaluation and counseling services to youth under 18 who are experiencing emotional, behavioral, or social problems and their families.

### Austin Center for Attitudinal Healing

P.O. Box 5900  
Austin, TX 78763  

(512) 327-1961

Provides unconditional emotional and spiritual support to anyone dealing with illness, grief, loss, or effects of crime and violence.

### Bluebonnet Trails Community MHMR Center, Williamson County

Mental Health Services for Children

1009 North Georgetown Street  
Round Rock, TX 78664  

(512) 244-8377  
Fax: (512) 244-8417  

After hours, weekends, and holidays:  
(800) 841-1255

Mental health services for children and adolescents

### Capital Area Mental Health Center

1106 Clayton Lane, Suite 105-W  
Austin, TX 78723  

(512) 302-1000  
Fax: (512) 302-0850  

http://www.camhc.org

Provides low cost psychological counseling services to the Central Texas community. Services address depression, anxiety, bipolar, family violence, marital and relationship issues, and social isolation.

### Center for Child Protection

1110 East 32nd Street  
Austin, TX 78722  

(512) 472-1164  
Fax: (512) 472-1167  

http://www.centerforchildprotection.org

Provides therapy, medical, and therapeutic services for children and families in abusive situations, as well as offers assistance in counseling.
The Children’s Partnership

P.O. Box 1748
Austin, TX 78767
(512) 854-4596
Princess.Katana@co.travis.tx.us
http://www.childrenspartnership.com

Meets the needs of children and youth with serious emotional disturbances in Travis County by creating a collaborative system of care comprised of community partners.

Choices Children and Adult Counseling Services

Dr. Tina Nunnellee
Pflugerville, TX 78691
(512) 535-5673
email: tina@ccaacs.com

Children and Adult Counseling

City of Pflugerville Victim Services

1611 E. Pfenning Lane
P.O. Box 679
Pflugerville, TX 78691
(512) 670-5701
Fax: (512) 670-5501
jallen@cityofpflugerville.com

Services include on-scene crisis intervention and group therapy.

For the Love of Christi, Inc.

2306 Hancock Drive
Austin, TX 78756
(512) 467-2600
Fax: (512) 467-2405
http://www.forlovechristi.org

Provides support for those who are adjusting to life after the death of a loved one. Provides monthly grief support groups for adults, children (5-12), and teens (13-17).

Hospice Austin

4107 Spicewood Springs Road, Suite 100
Austin, TX 78759
(512) 342-4700
Fax: (512) 795-9053
email: info@hospiceaustin.org
http://www.hospiceaustin.org

Provides individual, group, and family bereavement and grief support. Camp Brave Heart is a summer camp for children who are grieving.

Intervention Services

605 E. University Avenue
Georgetown, TX 78626
(512) 763-0478
http://www.interventionservices.org

Provides school and community based mental health services for the Central Texas region. Including crisis intervention, individual and group counseling, and training for counselors and educators.
Contacts and Information are NOT endorsed by PMS or PISD.

**Lifeworks Kids Exchange**

8913 Collinfield Drive  
Austin, TX 78758  
(512) 324-6888  
http://www.kids-exchange.org

Assists in strengthening family relationships through visitation exchange and support services by providing a child focused environment for families in transition.

**Lifeworks Youth Crisis Hotline**

(512) 735-2400

Operates the only walk-in emergency shelter for youth in Travis County. Shelter provides runaways and homeless youth (including teen parents), ages 10-19, a secure place to sleep, food, clothing, and case management to coordinate family reunification, medical care, transportation, educational services, tutoring, and counseling.

**Starry Program**

1300 N. Mays  
Round Rock, TX 78664  
(512) 388-8290  
http://www.starryonline.org

Supports children, youth, and parents in crisis through services that protect, educate, and promote strong families. Offers counseling, emergency shelter care, and foster care.

**Travis County Counseling and Education Services**

Service Center  
5501 Airport Blvd., #102  
Austin, TX 78751  
(512) 854-9540

Intake and Assessment  
1101 Nueces  
Austin, TX 78701  
(512) 854-9540

Provides assessment and rehabilitation programs for adults and juveniles referred by various criminal justice affiliates.

**Wonders and Worries**

1715 East Sixth St. Suite 100  
Austin, TX 78746  
(512) 329-5767  
http://www.wondersandworries.org

Provides psychological support for children, youth, and families coping with chronic or life-threatening illnesses.  
Group and individual counseling and bereavement support.
Support Groups

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Alcoholics Anonymous

6606 N. Lamar Blvd.
Austin, TX 78704
(512) 453-9300

www.alcoholics-anonymous.org

Substance abuse and chemical dependency recovery information.

AVANCE Austin

2800 S IH-35 #160
Austin, TX 78704
(512) 326-9335

http://www.avance-austin.org

Building stronger children, parents, families, and communities through program supporting at-risk families in Latino Communities.

Candlelighters Childhood Cancer Foundation

1121 E. 7th Street
Austin, TX 78702
(512) 454-3743

http://www.harvestclassic.org/candlelighters/candlelighters.html

http://www.abcaus.org/Candlelighters.asp

Psychological support and service for children with cancer and similar blood disorders and their

Citywide Parenting Series

(512) 478-5725 ext. 215

http://www.familyconnectionsonline.org

The Citywide Parenting Series is a listing of parent education classes offered in Travis County.

Codependents Anonymous

(512) 234-0884

For people struggling to maintain functional relationships.

Divorce Recovery and Family Resource Center

(512) 502-1882

Support group for families of divorce and step-family situations.
Down Syndrome Association of Central Texas

Mailing address:

3710 Cedar Street, Box 3
Austin, TX 78705
(512) 323-0808
Fax: (512) 451-3110

http://www.dsact.com/Calendar.html

Families of Incarcerated Loved Ones (FILO)

(512) 443-0716

Support group for family members of incarcerated loved ones.

Hospice Austin

4107 Spicewood Springs Road, Suite 100
Austin, TX 78759
(512) 342-4700
1-800-445-3261
Fax: (512) 795-9053

http://www.hospiceaustin.org

Support group for grieving parents and children.

KODA Travis County Services for the Deaf

(512) 854-9205
TTY (512) 854-9210

Support for parents with hearing impairments.

La Leche League

Call Shannon: (512) 673-3431

http://www.lllaustin.org/

Provides information, support, and encouragement to women who wish to breastfeed their babies.

Latina Mami

(512) 494-7758

Support program for mothers and expectant mothers of Latino descent.
Men and Fathers Resource Center
The Center offers the following services and organizations:

- LoneStar Fatherhood Initiative
- DNA for Dads
- The Father’s Connection
- Men/Fathers Help Line

807 Brazos St., Suite 315
Austin, TX 78701
(512) 472-3237

Milagros Children’s Heart Support Group
(512) 324-8028
http://milagrosaustin.com/
Support group for families of children with heart disease.

Mothers of Multiples
(512) 703-6174
http://www.austinmoms.org
Provides families of multiples the opportunity for support and social interaction and to share with others their interests, concerns, and needs.

Narcotics Anonymous
603 W. 13th Street, Suite 1-A-284
Austin, TX 78701
(512) 480-0004
www.na.org
Recovery for drug addiction

Northwest Counseling & Wellness Center
12335 Hymeadow Drive, Suite 400
Austin, TX 78750
(512) 250-9355
Outpatient substance abuse treatment.

Overeaters Anonymous
P.O. Box 4116
Austin, TX 78765
(512) 327-2802
http://www.main.org/hotig
Support for compulsive eaters.
Parents Without Partners

(512) 560-6822

http://www.geocities.com/pwpaustin93/parentswithoutpartnersaustin

Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity toward others by offering support, friendship, and the exchange of parenting techniques.

Parents, Families, and Friends of Gays and Lesbians (PFLAG)

(512) 302-3524

http://www.pflag-austin.org/

Support for parents, families, and friends of Gay and Lesbian individuals.

Texas Advocate for Special Needs Kids (TASK)

(512) 336-0897

Advocacy Inc, legal rights assistance for people with disabilities.

Tough Love, Inc.

2601 Exposition
Austin, TX

(512) 479-9334 (Answered 24 hours)

Offers solutions for parents whose children display unacceptable behaviors. Meetings are every Thursday at 7:00pm. One time $30 fee + $5 each meeting. No childcare.

Wonders and Worries

1715 East Sixth St. Suite 100
Austin, TX 78746
(512) 329-5767

http://www.wondersandworries.org

Provides psychological support for children, youth, and families coping with chronic or life-threatening illnesses. Group and individual counseling and bereavement support.
Pflugerville Therapists

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**Joey Achacoso, PhD, LPC**

203 W. Main Street, Suite A  
Pflugerville, TX 78660  
(512) 576-2597  
Fax: (512) 451-9934  
drjoey@yahoo.com

Specializes in play therapy.

**Lynn A. Freeman, LPC**

1202 FM 685, Suite C2  
Pflugerville, TX 78660  
(512) 989-1152

Specializes in marriage and family counseling.

**Lisa Caramanica, MA, LPC**

15901 Central Commerce Drive, Suite 404  
Pflugerville, TX 78660  
(512) 922-9515

General counseling, child, family, individual counseling, social service and Welfare, business consulting services, psychotherapy, mental health services.

**Nichole Hart, MA, LPC**

15901 Central Commerce Drive, Suite 404  
Pflugerville, TX 78660  
(512) 431-4558  
nicholehart06@yahoo.com

Licensed Professional Counselor engaged in private practice.
Psychologists

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**Austin Child Guidance Center**

810 W. 45th Street  
Austin, TX 78751

(512) 451-2242  Fax: (512) 454-9204

http://www.austinchildguidance.org

Provides mental health evaluation and counseling services to youth under 18 years of age who are experiencing emotional, behavioral, or social problems and their families. Individual, group, and family counseling.

**Austin Family Center**

Kathy A. Sheley, PhD

1011 W. 31st St (31st and Lamar)  
Austin, TX

(512) 451-4665

Individuals, children, adolescents, depression, anxiety

**Judith Zamorsky**

4310 Medical Parkway, Suite 101  
Austin, TX 78756

(512) 306-9522

email: judithzamorsky@sbcglobal.net

webpage: http://www.judithzamorsky.com

She accepts Medicaid, Medicare, and other major insurances. She offers individual therapy for: (children, adolescents, and adults) Assessments of learning disabilities, ADH, emotional/mental health issues, and Developmental disabilities.
Psychiatrists

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Austin Travis County Mental Health & Mental Retardation Center
Psychiatric Emergency Services Division

56 East Avenue
Austin, TX 78701

(512) 454-3521
Or (512) 472-HELP [4357]

Adults, adolescents, and children experiencing emergent or psychiatric mental health problems
And in need of immediate evaluation services. Crisis intervention, individual crisis counseling, individual and family crisis rehabilitative skills training, screening, and referrals to appropriate Community resources and/or services. Available 24 hrs a day, all year around. Walk-ins accepted.

Austin Psychiatric Consultants

1500 W. 38th Street Suite #53
(512) 377-2500

http://www.austintheraphy.net

Austin Psychiatric Consultants is a multidisciplinary mental health office. Psychologists and therapists work with all ages, from young children to seniors. Services include individual, couples, family, and group therapy, psychological assessment, and medication management.

The Bluebonnet Trails Community Mental Health and Mental Retardation Center

1009 North Georgetown Street
Round Rock, TX

(512) 244-8377
Fax: (512) 244-8417
After hours, weekends, and holidays: (800) 841-1255

Mental Health Services for children and adolescents.

The Oaks Treatment Center

1407 W. Stassney Lane
Austin, TX 78745

(512) 464-0200
1-800-843-6257

The Oaks Treatment Center is a residential facility offering innovative treatment for adolescents with a complex array of behavioral, emotional or developmental problems.
National & State/Local Hotlines

Disclaimer: The names and contact information featured in this directory are provided as a courtesy. They are endorsed by neither Pflugerville Middle School nor Pflugerville ISD
National Hotlines

National Domestic Violence Hotline: (800) 333-7233
National Child Abuse Hotline: (800) 4-A-CHILD (1-800-422-4453)
National Youth Crisis Hotline: (800) HIT-HOME (1-800-448-4663)
National Runaway Switchboard: (800) 621-4000
Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)
Substance Abuse Referral Service: (800) 662-HELP (1-800-662-4357)

State and Local Hotlines

Capital Area Mental Health (512) 328-1000
Center for Child Protection (512) 472-1164
Dispute Resolution Center (512) 371-0033
Mental Health Mental Retardation Crisis Hotline (512) 472-HELP (4357)
Safe Place (512) 267-SAFE (7233)
Texas Abuse Hotline/Child & Elderly Protective Services 1-800-252-5400
Victims Services Travis County Sheriff Department Phone 211
YWCA Women’s Counseling and Resource Center (512) 326-1222
Community Services
(Food Pantries, Shelters)

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**Capital Area Food Bank of Texas**

8201 S. Congress Ave.
Austin, TX 78745

(512) 282-2111
(800) 786-2616
Fax: (512) 282-6606

www.austinfoodbank.org

**The Caring Place**

2001 Railroad St.
Georgetown, TX 78627

(512) 869-4735

Monday-Friday 9am-4pm
Saturday 9am-noon

**First United Methodist Church**

P.O. Box 560
Pflugerville, TX 78660
(512) 251-2575 voicemail
Fax: (512) 989-2536

email: fumc@sbcglobal.net

www.pflame.org/index.html

**Lions Club, District 2-S3**

500 N. Railroad
Pflugerville, TX 78660

(512) 251-5466

**North Rural Community Center**
*(Division of Travis Country Health and Human Services Dept.)*

15822 Foothills Farms Drive
Pflugerville, TX 78660

(512) 251-4168

Emergency Assistance: food or food vouchers, transportation, rent, utilities, gas, clothing, and prescription.

**Round Rock Area Serving Center**
*(Social Services and Food Pantry)*

1099 E. Main St.
Round Rock, TX 78664

(512) 244-2431
Fax: (512) 255-0913

email: infor@servingcenter.org

www.servingcenter.org
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Number</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Safe Place</strong></td>
<td>P.O. Box 19454, Austin, TX 78760</td>
<td>(512) 267-SAFE (24 hr hotline)</td>
<td>email: <a href="mailto:info@austin-SafePlace.org">info@austin-SafePlace.org</a></td>
</tr>
<tr>
<td><strong>Saint Elizabeth</strong></td>
<td>1520 Railroad Ave, Pflugerville, TX 78660</td>
<td>(512) 251-9838</td>
<td>Monday 6 pm-7 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Thursday 9 am-noon</td>
</tr>
<tr>
<td><strong>The Store House</strong></td>
<td>1202 FM 685, Pflugerville, TX 78660</td>
<td>(512) 989-9989</td>
<td>Monday-Saturday: 10 am-2pm</td>
</tr>
<tr>
<td><strong>Texas Homeless Network</strong></td>
<td>200 E. 8th Street, Austin, TX 78701</td>
<td>(512) 482-8270</td>
<td></td>
</tr>
<tr>
<td><strong>Williamson County Crisis Center</strong></td>
<td>211 Commerce Blvd. #103, Round Rock, TX 78735</td>
<td>(512) 255-1212</td>
<td>Hotline: 1 800 460-SAFE</td>
</tr>
</tbody>
</table>

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Pregnancy Services

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Agape Pregnancy Resource Center

104 E. Main Ave.
Round Rock, TX 78664

(512) 248-8200
email: info@agapeprc.org
www.agapeprc.org

Hope Pregnancy Center

103 Jim Gage Lane
Hutto, TX 78634

(512) 846-1902
www.hpcofhutto.org

Contacts and Information are NOT endorsed by PMS or PISD.

Austin Pregnancy Resource Center (512) 476-7774
Life Care Pregnancy Services 1-800-395-4357 or 347-0055
Marywood Maternity Hotline 1-800-251-5433
Austin Reproductive Services (512) 458-8274
Local Planned Parenthood (512) 251-7844
Suggestions & Tips

- Study Skills
- Note-Taking Skills
- Test-Taking Skills
- Time-Management Skills
- Stress-Management Skills
- Anger-Management Skills
- Alternatives to Fighting
- Self-Esteem
- Helpful Articles

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Study Skills

1. Set aside a specific time and place to complete homework.
2. Have all study materials easily accessible.
3. Review textbook and notes.
4. Read textbook on schedule.
5. Write questions when reading the text.
   a. Find answers by reading.
   b. Find answers by asking in class.
   c. Find answers by asking the teacher after class.
6. Summarize ideas from the reading and notes.

Taken from Page 115 of The School Counselor’s Book of Lists by Dorothy J. Blum, Ed.D.

Note-Taking Skills

1. Underline or highlight the main ideas and key concepts.
2. Write the main ideas and key concepts that the teacher emphasizes.
3. Write the explanations.
4. Write summaries of the class discussions.
Test-Taking Skills

1. Listen to directions for the test.
2. Ask questions before the test.
3. Work all examples and take examples seriously.
4. Scan the test:
   a. Look over the entire test before answering questions.
   b. Work all easy items first.
5. Read each item and question carefully.
6. Read all directions carefully.
7. Pay attention to key terms.
8. Work carefully and take your time.
9. After the test, return to the beginning and answer all items left blank.
10. Guess between two answers if all but two answers of a multi-choice item can be deleted.
11. Try to answer every question.
12. Break down difficult questions into sequential steps.
13. Re-read all questions and check all answers.
Time-Management Skills

1. Establish goals and priorities:
   a. Work consistently on long-term goals.
   b. Estimate time required for each priority task.
   c. Divide long-term assignment into parts or steps.
   d. Write steps and dates for completion of each step.

2. Establish regular patterns of study:
   a. Set routine.
   b. Complete all reading assignments on time.

3. Review frequently:
   a. Review assignments including reading assignments.
   b. Review teacher’s directions to complete assignments.
   c. Review notes before class.
   d. Review notes after class.
   e. Review study guides and study aids.

Taken from Page 118 of The School Counselor’s Book of Lists by Dorothy J. Blum, Ed.D.
Stress-Management Skills

1. Attempt to resolve problem rather than ignore it.

2. Change ways of thinking about problem.

3. Use problem-solving skills:
   a. Identify the problem.
   b. Come up with alternatives.
   c. Consider consequences of each alternative.
   d. Choose one alternative or solution.
   e. Put solution into practice.
   f. Evaluate the effectiveness of the solution.

4. Use decision-making skills.

5. Seek adult help and support.

6. Discuss the problem with a caring adult.

Taken from Page 235 of *The School Counselor’s Book of Lists* by Dorothy J. Blum, Ed.D.
Anger-Management Skills

1. Identify personal signs of anger.
2. Take responsibility for own anger and consequences.
3. Make a commitment to change.
4. Identify alternative behaviors to showing poor impulse control.
5. Practice alternative behaviors.
6. Practice healthy expressions of anger.
7. Accept suggestions to improve anger control.
8. Continue to improve controlling anger.
9. Heal relationships damaged because of poor anger control.
10. Learn alternatives to fighting.

Alternatives to Fighting

1. Think about why you are angry.
2. Think of ways to vent your anger without fighting or making threats.
3. Decide what you want to happen in the long run.
4. Take the action to avoid a fight.

Taken from Pages 227 and 228 of *The School Counselor’s Book of Lists* by Dorothy J. Blum, Ed.D.
Self-Esteem
(Positive sense of self-worth and competence)

1. Have realistic expectations for children.
2. Have reasonable limits and consistency of consequences.
3. Give positive feedback when warranted.
4. Be respectful when listening to children.
5. Give acceptance and positive attention.
6. Be a good role model.
7. Show appreciation for uniqueness of each child.
9. Recognize child capabilities.
10. Encourage expression of ideas and perceptions.

Taken from Pages 205 and 207 of The School Counselor’s Book of Lists by Dorothy J. Blum, Ed.D.
Reading Tips for Children with Dyslexia
from an article written by Renee Kirchner
Education. COM, October 26, 2007
www.education.com/magazine/article/Reading_Tips_Dyslexia

Some Possible Signs of Dyslexia

- Difficulty reading, writing, comprehending, and spelling
- Difficulty deciphering differences in letter sounds
- May reverse letters in a word or words in a sentence

How to Help Dyslexic Children at Home

Get them reading
- Let them choose the reading material
- Have them practice reading aloud, as well as to themselves.
- Read together as a family

Hi Lo Books
- Books of high interest and low reading level made specifically for dyslexics
- Check www.HighNoonBooks.com for a recommended publisher of Hi Lo books

Audio Books
- Children can follow along in the book with a tape, CD, or DVD.
Homework Tips for Children with ADHD

From an article by Lynn Moore
Education.COM, October 4, 2007
www.education.com/magazine/article/ADHD_Homework/

1. Communicate with the child, family members, and teachers to establish school homework expectations, homework procedures and schedule at home, and student’s study strengths.

2. Plan a study time each night for homework constants i.e. tests, quizzes, and/or assignments that are given every week. This will be less stressful than cramming the night before.

3. Choose a special work place that is quiet and away from distractions. Make it inviting but not too comfortable to eliminate temptation to play or sleep.

4. Make sure to have all needed materials on hand, such as textbooks, pens, paper, pencils, erasers, etc.

5. Check that the completed homework makes it to the school bag to be turned in at school. Also, check for graded work brought home.

6. Allow breaks during study time to avoid mental exhaustion.

7. Celebrate effort, achievements, and good grades.
Finding Quality Time
From an article by Patricia Smith
Education. COM, Sept. 11, 2007
www.education.com/magazine/article/Ed_Single_Parenthood/

Below are some ideas to help single parents find more free time to spend their kids.

1. Set aside a day or evening each week to take care of household chores and errands.

2. Buy groceries in bulk to eliminate the need to constantly run to the store.

3. Develop a bill paying system that will allow a more efficient, quicker way to pay bills each month.

4. Prioritize tasks and commitments. Don’t feel guilty about choosing to spend time with your child over other lesser commitments.

5. Have the child (children) help out in household tasks and chores. This lessens the load for you and provides another opportunity to spend time together.
Credits


