

# Methods of Magnificent Middle School Mayhem

VSCA Conference 2015

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**ATTITUDE**  
*is the difference*  
*between an*  
**ORDEAL**  
*and an*  
**ADVENTURE**

Friday, October 16<sup>th</sup>  
11:10 am – 12:10 pm  
Breakout Session 8

Middle School  
**ROCKS**

## Methods of Magnificent Middle School Mayhem


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*is the difference*  
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**ADVENTURE**

JENYAL C. SCOTT MAYO, M.Ed.  
OF HOUSE OF MAYO  
TEACHER/EDUCATION FACILITATOR/WORKSHEPER  
ASCA MIDDLE SCHOOL VICE PRESIDENT/ ELECT  
11712-AVIA ANN WOODS BLVD  
PARASPORTLAND, OR 97146

Middle School  
**ROCKS**

### Climbing the Magnificent Middle School Mountain: Connection/ Introduction to the Topic

► Last year...



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### Opening


► Girls' Summit 2014



### Research

**DRINK**  
UP!  
**WATER**






- **DRINK UP!** The brain works best when hydrated. Since a typical brain consumes up to one-third of all the water ingested, office referrals and disciplinary infractions typically increase later in the day. Coincidentally, this is when many students become dehydrated. By being sure students drink enough water or by encouraging students that need a "break" to get a drink of water we are helping them to learn better and make better choices.
- **SLEEP!** Middle school is a time when students express more autonomy bedtimes and sleep patterns. Because their bodies are undergoing so many changes and brain chemistry is constantly changing, Middle school students need at least 10 hours of sleep, but they are getting much less.


### About me

- 6<sup>th</sup> year on the elementary level
- 1 year (last year) on the middle school level before returning to elementary school this year.
- 7 Consecutive VSCA Presentations
- 1 ASCA Presentation
- 1 Proposal submitted 9/2015 "fingers crossed"



**Professional Interests:** elementary-middle school transition; classroom lesson planning and execution, training for school counselors, public speaking, anxiety/ stress management techniques, coping skills for attention and focusing challenges, career/ college.


### Research



- **BRAIN DEVELOPMENT:**
  - The prefrontal cortex in the brain is last to mature and not fully developed until at least age 18 (and usually into the 20's). Male brains typically mature later than female brains.
    - It handles planning, reasoning, anticipating consequences, sustaining attention, and making decisions.
  - The most significant impact the development of the prefrontal cortex has during this time are challenges with attention/focus and the impact on learning.
  - We see an increase in challenges with depression, anxiety, anger and moodiness in middle school. As chemical imbalances in the brain are common during puberty.
  - There is a TRUE medical and psychological link to motivating students to be successful and proud of their accomplishments! **Dopamine:** When a person feels pleasure, success, pride, dopamine is released into the brain and lubricates, increasing attention, motivation, and memory (i.e. success BREEDS success!)

### Objectives

- ▶ Classroom Lesson Planning
  - ▶ Classroom Lesson Examples
- ▶ Individual Counseling Techniques
- ▶ Website/ Blog Building
- ▶ College Trip Planning



### Individual Counseling Techniques: Power of the "Tip Sheet"

- ▶ Organized by topic (easy "grab and go")
- ▶ Sheets for a variety of topics
- ▶ Advantages:
  - ▶ Solution Focused Approach
  - ▶ Visual and Auditory Learners
  - ▶ Lasting Impact
  - ▶ Parent Communication


QUICK TIPS

Tips

TIPS'n' TRICKS

### Effective Classroom Lesson Planning: Middle School Style

- ▶ Template
- ▶ Components
  - ▶ Expectations
  - ▶ Goals/ Objectives/ Standards
  - ▶ Anticipatory Set (Hook)
  - ▶ Lesson Body/ Instruction
  - ▶ Activity/ Proof of Concept/ Assessment "I do/ We do/ You do"
  - ▶ Process/ Close



### Be Your OWN Cheerleader: Marketing Your Program Through Blogging/ Website Building


- ▶ Informational
- ▶ Goal/Vision/ Philosophy
- ▶ Important Dates
- ▶ Individual
- ▶ Group
- ▶ Classroom
- ▶ Curriculum
- ▶ Calendar/Newsletter
- ▶ Middle/ High School Transition
- ▶ Parent Resources
- ▶ Student Resources

Website



### Individual Counseling: Setting the Atmosphere

- ▶ Lighting
- ▶ Essentials/ Wish List
- ▶ Décor
- ▶ Seating



### College Trip Planning: A New and Successful Adventure!

- ▶ Foundation
- ▶ Planning
- ▶ Components
- ▶ Added "sparkle"- Freebie
- ▶ GREAT WEBSITES/ RESOURCES



## Resources/ References

- <http://www.edupedia.org/blog/middle-schooler-mind-how-transition-heatmap-wagner-gawron>
- <http://www.buevalley12.org/education/components/scripbook/default.php?notfounddetailid=66662>
- <http://pssds.org/its/yle/school/mid/sch>
- <http://www.amsa.org/publications/webexclusive/wq/wh/whnly/10/20/080/default.aspx>
- <http://www.amsa.org/Advocacy/Pressroom/MiddleSchoolEducationNews/Articles/Article1/Tips/10/20/104/Default.aspx>
- <http://www.psychologytoday.com/blog/surviving-your-childs-adolescence/201104/adolescence-and-the-transition-middle-school>
- <http://www.scholastic.com/resources/article/making-the-transition/>
- [http://www.oacta.org/downloads/2c\\_college\\_vet\\_guide.pdf](http://www.oacta.org/downloads/2c_college_vet_guide.pdf)
- [http://virginiacarenew.com/resources/pdf/6-8/plan3\\_2010r3\\_20mc3\\_201yhe4.pdf](http://virginiacarenew.com/resources/pdf/6-8/plan3_2010r3_20mc3_201yhe4.pdf)

## Questions/ Prizes/ Closing/ Thank You!



The Prizes!!!!

~ENVY~  
By: Jentae Mayo

*Everything you will hear, little sisters, was ORIGINAL and written by ME.  
Let me tell you all about ENVY...*

Young women have stomped on my pride.  
Girls have spat on my stride.  
My heart torn, wish I'd never been born.  
What is it that torments the female race so?  
Envy is the reservoir from which all these things flow.  
Jealousy, hate, and arrogance alike, these are the reasons women seem so trife!

They say they're so "tired of the drama", they do.  
Then why are you hating on the girl standing next to you?  
Her hair is not right; neither's her dress.  
I laugh as envy causes her own distress.  
Envy, envy if you think you're so hot...  
then why do want all the things...I'VE got?

Young ladies, young ladies, why do we do as we do?  
We walk by, we snicker, we talk about you!

Why can't we recognize our own beauty?

Why can't we, in life, fulfill our own duty?

Why can't we bond and strengthen each other?

Because we're too busy hating to love one another!

Why can't we let go of envy and put her to rest?  
Because to bring another down we will try our best!  
Until we let go of rumors, "she said" and catty chat...  
we will spend our LIVES watching our backs!  
Stop hating, stop staring, stop whispering too!  
Instead, turn to another young sister and say "I love you!"



# TOP 5: DO YOU HAVE ACADEMIC SKILLZ? LESSON PLAN

Middle School (8<sup>th</sup> Grade)

\*Could be adapted for 6<sup>th</sup> and 7<sup>th</sup> Grades  
(30 Minutes)



## MATERIALS

- Computer
- Projector
- 1/2 sheet double sided handout

## RELATED STANDARDS: (VIRGINIA COUNSELING STANDARDS FOR VIRGINIA PUBLIC SCHOOLS)

(Grades 6-8) Students will:

(ACADEMIC)

MA1. Understand the relationship of personal abilities, goals, skills, interests, and motivation to academic achievement,

MA2. Understand the relationship of dependability, productivity, and initiative to academic success,

MA6. Demonstrate the skills needed to develop a high school educational plan based on ability, interest, and achievement

MA7. Demonstrate responsibility for actions to ensure a successful transition from middle school to high school.

(CAREER)

MC1. Identify the relationship of course content, educational achievement, and career choices,

MC2. Identify personal preferences, skills, and interests that influence career choices and success,

(PERSONAL SOCIAL)

MP2. Understand the consequences of decisions and choices,

MP4. Use appropriate decision making and problem solving skills,

MP7. Understand how character traits, interests, abilities, and achievement relate to attaining personal, educational, and career goals.

## PROCEDURE:

Anticipatory Set:

- Relate Rapper "Mad Skillz" to the concept of possessing skills needed to be successful. (2 Minutes)
- Going further- What kinds of skills do you need to be a successful... (3 Minutes)
  - Athlete?
  - Musician?
  - 8<sup>th</sup> Grade Student?
  - 9<sup>th</sup> Grade Student?

Introduction: Top 5 (2 Minutes)

Handout (Side 1): (3 Minutes)

Handout (Side 2): Complete throughout presentation

Top 5: 4 Slides (4 Minutes Each- 16 Minutes)

Bonus Slide: (1 Minute to Explain; 2 for students to read over the handout- 3 Minutes Total)

Last Slide: (2 Minutes)

## ACADEMIC SKILLZ SELF-ASSESSMENT

### Category #1- Homework/ Classwork Completion:

- ❖ \_\_\_ I complete and turn in my homework and classwork on time.
- ❖ \_\_\_ I complete my homework to the best of my ability.
- ❖ \_\_\_ I complete my homework and classwork consistently.

**DIRECTIONS:** Give yourself a grade of "A"- "F" according to your mastery of each of the skills listed. **BE HONEST WITH YOURSELF!**

### Category #2- Note Taking

- ❖ \_\_\_ I take notes/ fill in study guides in order to make the most of class instruction.
- ❖ \_\_\_ I know how to use a highlighter to highlight the main points that I need to focus on when taking notes in class.

### Category #3- Study Skills/ Test Taking

- ❖ \_\_\_ I feel that I study enough to be successful on tests/quizzes.
- ❖ \_\_\_ I feel that I have a good study plan and strategy.
- ❖ \_\_\_ I feel that during my study time, I use my time wisely.
- ❖ \_\_\_ I plan ahead for class projects instead of waiting until the last minute.



### Category #4 and #5

- ❖ \_\_\_ I know how to manage my time well.
- ❖ \_\_\_ I am organized and can usually find what I need.
- ❖ \_\_\_ I use my agenda to write down my assignments.
- ❖ \_\_\_ I know how to prioritize and balance time between the things I want/ like to do and the things I may not like/ am required to do. (Ex. Doing homework first instead of playing video games first.)
- ❖ \_\_\_ I am responsible and accountable.

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- ❖ \_\_\_ I am responsible and accountable.



My Favorite  
ACADEMIC SKILLZ Tips

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Favorite  
ACADEMIC SKILLZ Tips

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Stressbusters 101: Anxiety and Stress Management Lesson (In conjunction with Health Classes)

Middle School (8<sup>th</sup> Grade)

\*Could be adapted for 6<sup>th</sup> and 7<sup>th</sup> Grades  
(30-35 Minutes)



## MATERIALS

- Computer
- Projector
- Student Computers

## RELATED STANDARDS: (VIRGINIA COUNSELING STANDARDS FOR VIRGINIA PUBLIC SCHOOLS)

(Grades 6-8) Students will:

(PERSONAL SOCIAL)

MP4. Use appropriate decision making and problem solving skills

MP6. Use appropriate communication and conflict resolution skills with peers and adults

**\*Tip- To aid in the flow of the lesson, having all documents pulled up and “ready to go” before the lesson is ideal.**

- Flip chart
- Brookland Counseling Blog
- Anxiety and Stress Relief Handouts from Blog  
<http://blogs.henrico.k12.va.us/brooklandcounseling/files/2014/11/Anxiety-and-Stress-Relief-Activities.pdf>
- Kahoot Quiz: <https://create.kahoot.it/#quiz/9f215da7-8f5a-4176-a95c-6e88e6114f24> (Be sure to duplicate your OWN quiz before starting do that all data reflects that of YOUR students!)

## PROCEDURE:

Slide 1: Begin lesson with opening instructions as students arrive (2 Minutes)

Slide 2: Introduction of Topic (1 Minute)

Slide 3: Anticipatory Set/ Opening Conversation/Discussion (2 Minutes)

Slide 4: Definitions of Anxiety/ Depression (1 Minute)

Slide 5: Psychology (2 minutes)

\*Flight or Flight Handout (Either read aloud and have students follow along on the screen or have students read silently.) (2 Minutes)

Slide 6: Discuss

Slide 7: Anxiety/ Stress Management THINKING STRATEGIES -Have students follow along on electronic handouts from the blog (Pages 1 and 3). <http://blogs.henrico.k12.va.us/brooklandcounseling/files/2014/11/Anxiety-and-Stress-Relief-Activities.pdf> (3-5 Minutes)

Slide 8: Relaxation Techniques- Have students refer to the electronic handouts from the blog (Page 2). <http://blogs.henrico.k12.va.us/brooklandcounseling/files/2014/11/Anxiety-and-Stress-Relief-Activities.pdf> Explain that you are going to go over each of these techniques and have the students try them. Though you would like ALL students to participate, if it is not something they would like to try, then they just need to sit quietly, listen, and be respectful of those that DO want to try. (3-5 Minutes)

Slide 9: Have students take the KAHOOT QUIZ (7 Minutes)

Slide 10: Closing Conversation/ Discussion (2 Minutes)

Slide 11: References/ Resources/ Credits

# Logic Map

(For use with students with challenges with anxiety/ irrational thoughts/ thinking)

**EXAMPLE:** I always get bad grades in math. I must be the dumbest person in the world! My mom and dad say I can't play football if I don't improve my grades in math. They hate me. I may as well quit the team now.

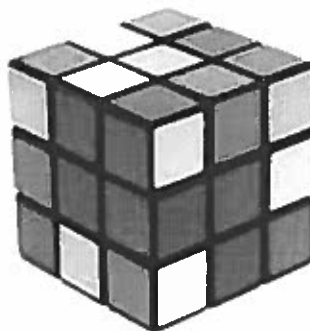


## True

- You have gotten some grades that you did not like in math.
- You have gotten some D's and F's in math.
- You are not doing as well in math as you would like to.
- Everyone has weaknesses. Weaknesses require more work.
- We need to brainstorm some ways to get you the help you need to be successful in math.
- Being successful in school is EXTREMELY important in order to continue to be an eligible athlete.
- Your parents are disappointed in your effort/ performance/grades.
- Math may not be your strongest subject.
- MRS. MAYO can help!

## Not True/False

- You are the dumbest person in the WORLD.
- Your parents hate you.
- You are the only person who struggles in math.
- You ALWAYS get bad grades in math. I am sure there have been at least a few times you got grades you were proud of.
- It is time to give up.



### Special Note-

#### Purpose:

- To establish healthy logical thinking patterns in times of distress.
- To establish a solution focused approach to a student challenge.
- To establish a technique that a student can learn and utilize independently over time.

Activities Created/ Adapted by Jentae C. Scott-Mayo, M.Ed.

# Relaxation Techniques

## Deep Breathing

- Close Eyes
- Create a peaceful “space” or picture in your mind
- Take deep breaths in sets of 3

## 3 Part Breath

- Close Eyes
- Create a peaceful “space” or picture in your mind
- Take deep breaths in sets of 3
- Take deep breaths and concentrate on breaths moving through 3 main venues of the body:
  - In through the belly, chest, and throat.
  - Out through the throat, chest and belly.

## Squeeze and Release

- Close Eyes
- Create a peaceful “space” or picture in your mind
- Establish a NORMAL breathing pattern
- Squeeze

### **Purpose:**

- To focus on things that CAN be controlled (body and breath), rather than things that CANNOT be controlled.
- Relaxation and stress relief



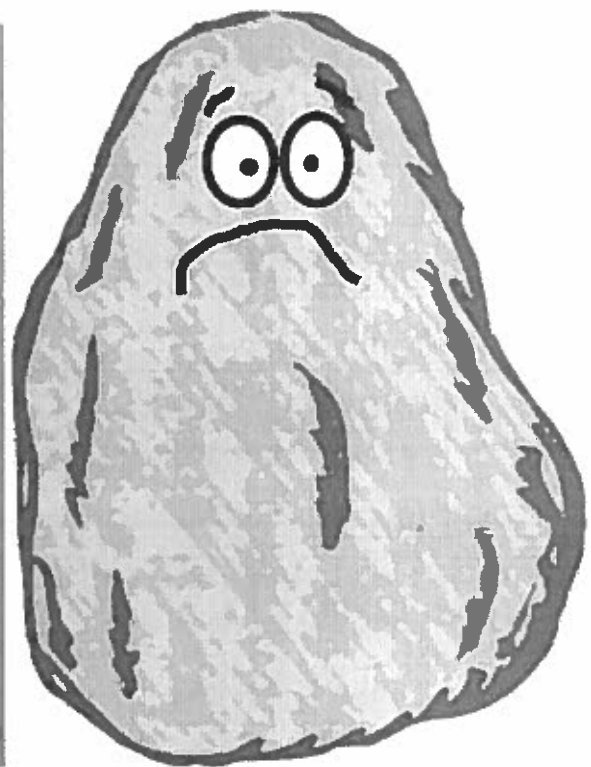
# Clay Worries vs. Rock Worries

## Clay Worries

- Things you CAN change.
- When you change these you feel EMPOWERED.
- Ex: Effort you put into your school work, your behavior, your actions

## Rock Worries

- Things you CANNOT change
- When you focus on these they can WEIGH YOU DOWN.
- Ex: The actions/ thoughts of others, relationship between parents, parents in the legal system (jail or court)



# Brookland Middle School

8<sup>th</sup> Grade College Trip

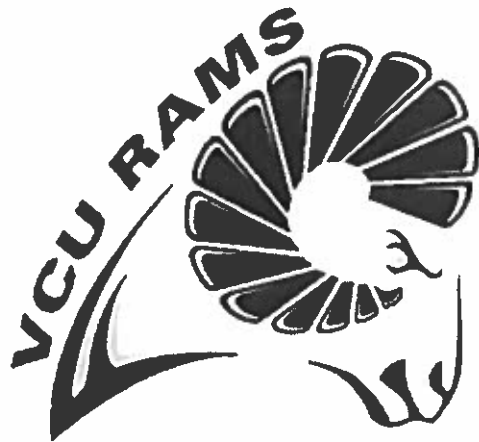
to

Virginia Commonwealth University

February 19, 2015

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College Tour/ Visit Packet





1. Why did you choose VCU?
2. What would you change about VCU if you could?
3. What would you fight to keep unchanged at VCU?
4. What do you think makes VCU special?
5. What was the biggest adjustment to becoming a college student?
6. What class has been the hardest so far?
7. How large were your classes freshman (first) year? How large are they now?
8. What fun activities do you like to participate in on campus?
9. What is it like to live in a dorm?
10. How many years will it take to earn your degree?
11. What is your major? What are you studying?
12. What are your career goals?
13. What has been the biggest surprise about being a college student?
14. What advice would you give to Middle School Students who are considering going to college?
15. What advice would you specifically give students who are nervous about going to college?

Student Name: \_\_\_\_\_

Homeroom: \_\_\_\_\_

## Brookland Middle School- 8<sup>th</sup> Grade College Tour

### Virginia Commonwealth University

February 19, 2015

Chaperones: Mr. Hernandez, Mrs. Mayo, Ms. Gilmer, Ms. Jones, and Mr. Thrower



**CONGRATULATIONS!** You have been approved to attend the 8<sup>th</sup> grade college trip to VCU! Below, you will find our agenda for the trip and some important reminders:

- **DRESS COMFORTABLY**-Wear comfortable clothes and shoes- We will go on a walking tour of the campus. VCU is a LARGE urban campus that requires a great deal of walking.
- **DRESS IN LAYERS AND WITH COLD WEATHER IN MIND**- The weather will more than likely be cold and we will spend long periods of time outdoors. Layers and warm clothing are ideal.
- **FOLLOW RULES**- All students participating will be expected to adhere to the HCPS Code of Conduct and dress code.
- **REPRESENT US WELL!**- You are representatives of our BROOKLAND MIDDLE SCHOOL and should behave as such. You are expected to exhibit the **UTMOST** maturity as this is a college setting. \*REMEMBER: "College bound students" do "college bound things" and behave in "college bound ways."
- **FOOD**- Lunch will be provided for us **AT NO CHARGE** in the VCU dining hall.

#### Schedule/ Agenda

9:15am- Report to KENMORE CAFETERIA

9:30am- Depart from Brookland MS

9:50am- Arrive at VCU Welcome Center

10:00am-10:30am- Informational Session @ "Common Ground" (University Student Commons)

10:45am-11:30am- Lunch in Dining Hall

11:45am-1pm- Campus Tour

1pm-1:10pm- Load Buses to return to Brookland MS (1:10pm- Depart VCU)

1:30pm- Arrive at Brookland Middle School





## College Knowledge Quiz – Teacher Edition

Correct answers are in bold.

1. When you arrive on campus, you will see undergraduates going to class.  
What is an undergraduate?
  - A. A college student who has graduated but is still attending class
  - B. A college student who has not yet earned a college degree**
  - C. College professors
  - D. People visiting the campus.
2. Most of the undergraduates you see on campus are studying for a degree that you can get in four or five years from a college or university. What is the name of that degree?
  - A. Associate Degree
  - B. License
  - C. Bachelor's Degree**
  - D. Certificate
3. Which one of the following is NOT the name of a degree?
  - A. Associate Degree
  - B. Bachelor's Degree
  - C. Master's Degree
  - D. License Degree**
4. While studying for their degree, undergraduates focus upon a specific subject.  
This is called a \_\_\_\_\_.
  - A. Major**
  - B. License
  - C. Selection
  - D. Resume
5. Many (but not all) college professors have earned PhDs. What does PhD stand for?
  - A. A degree that stands for Doctor of Philosophy**
  - B. A degree that stands for Doctor of Physics
  - C. A degree that stands for Doctor of Physiology
  - D. A degree that stands for Doctor of Phun!
6. What is the proper way to address a college professor?
  - A. Mr. or Mrs.
  - B. Principal
  - C. Dr. or Professor**
  - D. Officer

(continued)



~ Key ~

**College Knowledge Quiz – Teacher Edition (continued)**

7. You will probably see a residence hall when you go to campus. What's a residence hall?
- A. A building where classes are held
  - B. A building where college students live**
  - C. A building where college professors live
  - D. A hallway that has pictures of everyone in the college/university.
8. We will talk about financial aid when we are on campus. Which of the following is NOT a form of financial aid?
- A. Transcript**
  - B. Scholarship
  - C. Grant
  - D. Loan
9. To go to a four-year university, you need to take a college admissions exam. Name one of the official college entrance exams.
- A. CAT/UEE
  - B. GPA/GNP
  - C. SAT/ACT**
  - D. PSAT/PLAN
10. Why do people go to college?
- A. To further their education.
  - B. To earn more money
  - C. To reach a career goal
  - D. All of the above**

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