

Dear NM School Counselors,

Happy Holidays! Hope you are enjoying the festivities. Keep the faith-the solstice occurs at 3:23 on Friday, Dec. 21<sup>st</sup>, and then the light begins to return.

Two exciting announcements in this email: The annual Advisor Summit has been scheduled! See below for registration information. Secondly, our next Counselor Conversation will take place on January 16<sup>th</sup> at 10am. It will be recorded so if you can't make it, be sure to check the [Counselor webpage](#) for the recording.

- **Counselor Conversations**, the next one is scheduled for Jan 16, 2019 at 10am. To register, please click [here](#). The webinar ID is 741-679-515.
- **Save The Date!** The Advisors Summit will take place June 10-11<sup>th</sup> in Albuquerque. Stay tuned for more details to come!
- **4 Ways to Teach Empathy:** Empathy can be a tough concept to teach kids. First there's the subtle difference between empathy and sympathy, which can be difficult to explain even to adults. Then there's the elusive dictionary definition — "the ability to understand and share the feelings of another." This begs the question: how can someone truly understand how someone else is feeling? Are some people born with this innate ability, or is it a skill that can be learned and sharpened? At Solomon Schechter Day School of Bergen County (SSDS), we have developed a curriculum around important real-life skills that students use long after they graduate -- including empathy. [Here](#) are some actionable ways educators can teach empathy in the classroom.
- **Score Week:** On December 10, students will start to receive their PSAT/NMSQT scores, a critical step on the road to college. Learn how to best support your students using the K-12 score reporting portal by registering for the third annual Score Week for Counselors, December 3–7. Visit the Score Week homepage at [psat.org/scoreweek](http://psat.org/scoreweek) to register for a webinar and view the resources
- Resources from ACT: **Eight Steps to Strengthening Social and Emotional Learning in Your District.** Get your [free eBook](#) for insights into how to:
  - Articulate and demonstrate the value of whole child education
  - Develop consensus around the vision
  - Explore and develop add-on and integrated strategies
  - Create a plan for professional development
  - Provide formative feedback to students
  - Measure to improve
- NMCA is actively accepting nominations for this year's NMCA Annual Awards, to include, the Dr. George L. Kepper Outstanding Counselor of the Year Award. Learn about these exciting awards and how to nominate a school counselor you admire [here](#).