

# Appointment Request for Mr. Janawsky, 6th Grade Counselor

*Do NOT use this form to notify Mr. Janawsky of crisis situations.*

*If this is a crisis (you or someone you know is in danger of being harmed) let any staff member know immediately. If the crisis is after school hours, alert an adult immediately or call 911.*

First and Last Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

Reason for Counselor Request - You need support with:

- Decision Making: identifying and solving problems responsibly
- Relationship Skills: communication, conflict management, resisting peer pressure
- Self-Awareness: identifying emotions, thoughts, values; recognizing strengths and limitations
- Self-Management: impulse control, stress management, self-motivation, organization skills
- Social Awareness: respect others and appreciating diversity

What's going on? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What thoughts are you having about the situation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How are you feeling about the situation?

- |            |              |                |
|------------|--------------|----------------|
| - Angry    | - Frustrated | - Proud        |
| - Bored    | - Grumpy     | - Sad          |
| - Confused | - Happy      | - Silly        |
| - Excited  | - Nervous    | - Other: _____ |

What have you done to respond to the situation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Return completed forms to your teacher and they will get them to Mr. Janawsky.*

*Student follow-ups will be held during homeroom, lunch or electives.*

