

DOSS COUNSELING

BE A

mentor

We are looking for caring volunteers to mentor students who could benefit from dedicated one-on-one time. With just half an hour a week, you can build a positive connection that lasts a lifetime. Click [here](#) to find out more, or reach out to kara.wilkinson@austinisd.org to sign up today!



September 2026

WHAT ARE YOU reading?

Because books bring people together! Here is a look at what's currently on our staff nightstands!



Elizabeth Clements, 1st Grade Teacher

**ACOTAR Book Series and
The Road Back to You**

"The Road Back to You is about the Enneagram and has helped me better understand myself and others in my personal life and at work."



LESSON topics

This month, we are visiting every classroom for lessons on "Meet the Counselor" and "Self-Awareness & Regulation." Take a look at our [scope and sequence plan](#) to see what your students will be learning all year long!

Month	Lesson Topics	Events & Activities
Aug/Sept	Meet the Counselor? Self-Awareness/Regulation?	Meet the Counselor? High School Meetings New to Our School Group
Oct	Being Resilient? Coping Mechanisms?	Small group chat
Nov	Goal Setting	Winter Writing
Dec	Goal Setting/Classroom Management/Classroom?	Winter Writing
Jan	Goal Setting/Classroom Management/Classroom?	Winter Writing
Feb	Goal Setting/Classroom Management/Classroom?	Winter Writing
Mar	Goal Setting/Classroom Management/Classroom?	Winter Writing
Apr	Goal Setting/Classroom Management/Classroom?	Winter Writing
May	Goal Setting/Classroom Management/Classroom?	Winter Writing

REGULATION resources

We are here to help your student learn healthy ways to navigate all the big emotions that come with growing up! Some of our favorite tools to try at home include simple breathing exercises, calming cards, creating a Peace Corner, and reading books about feelings together to build emotional vocabulary.



upcoming EVENTS

Click [here](#) for some Back-to-School safety tips!

Fri 4 Sept:

GT Information at Parent Principal Coffee 8:00 am & National College Colors Day!

Wed 23 Sept:

[Parenting with the Brain in Mind Free Webinar](#) 9:00 am

Thurs 24 Sept:

[Crianza con el Cerebro en Mente Seminario Web Gratuito](#) 9:00 am

Fri 2 Oct:

Counseling Program Presentation at Parent Principal Coffee 8:00 am

