



MVES Counseling Corner

Email Mrs. Cowman at ccowman@lcp.net

April 27-May 1, 2020

Weekly Topics

Circle of Control and Influence
Online resources for parents

Check out these free online resources:

Love & Logic Parenting Online Course

For the month of April, this class is offered to parents for free:

<https://www.loveandlogic.com/collection/s/classes-and-conferences/products/love-and-logic-parenting-online>

Imagine Neighborhood

A free social-emotional learning podcast for parents and children to listen to together

<https://www.imagineneighborhood.org/>

SecondStep.org Account

Until 6/30, parents can set up free accounts and access social-emotional content:

<https://www.secondstep.org/covid19support>

For supplemental social-emotional resources, you are invited to join the **MVES Social Work and Counseling Google Classroom:**

Go to classroom.google.com
Log in using student's school Gmail and password
Enter classroom code: **fwmxij6**

Circle of Control and Influence

In Stephen Covey's book, *The Seven Habits of Highly Effective People*, he explains the idea of "Circle of Concern" and "Circle of Influence". Some of our concerns are things we have a degree of control over, and some we do not.

Covey suggests that we focus our energy on the inner circle. This is part of being "Proactive", which is Habit 1. We encourage our Wolf Pups to "Be Proactive" and we communicate that they are in control of their own moods, actions, and thoughts. This promotes self-discipline and self-management.

This model can also be helpful when considering our current conditions. Covey believed that when we focus on the inner circle items, we increase positivity and are more productive. A simplistic example of this would be: "I cannot control if it rains, but I can decide whether or not to play in it". If this speaks to you, take some time to think about what things are in and out of your control right now and which concerns you are focusing your energy on.

