

School Counsellor Newsletter



Reflecting on the year that has been

Edition Twenty-eight

Self-reflection is a skill I encourage everyone to engage in, as often as possible. It is something that can be particularly useful at the end of each year, and what a year 2020 has been! I am sure we could all benefit from some reflection as we think ahead to 2021. Part of this newsletter comes from the Wellbeing Superpowers: Self-Reflection teaching resource I made available to teachers during lockdown. If you did not see it then, I hope this provides you with some starting points in your reflection on the year that has been.

Self-reflection can be defined as: thinking about one's actions and behaviours to improve or meet one's goals. An easy and straightforward way to practice self-reflection is to think about:

- what worked well?
- what didn't work so well?
- how can I make things better next time?

We cannot grow and develop, gain from our successes, and learn from our experiences if we do not reflect on them. By using self-reflection you can improve:

- control of your emotions and actions
- how well you pay attention and learn
- your day to day functioning
- coping strategies
- your organisation

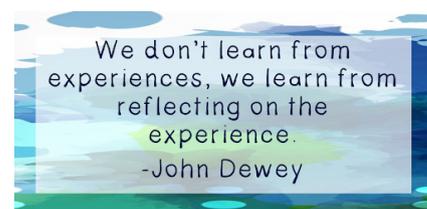
Here are some questions you might like to ask yourself, and your son, as you reflect on 2020, and I hope they can become part of a regular practice if you do not engage in self-reflection already.

- What has gone well for me this year?
- How have I learned about myself from the challenges I have faced?
- How have I been kind to myself when things were difficult?
- What am I grateful for?
- What are the silver linings from events this year?
- How did I take care of myself?
- What were my successes?
- Where did I struggle?
- In what ways have I grown?
- Am I living true to myself?
- Am I putting enough effort into my relationships?
- Am I taking care of myself mentally and physically?
- Am I achieving the goals I have set for myself?
- What would I like to focus on in 2021?

Whatever your experiences have been in this rather extraordinary year, I hope that you can reflect on them, learn and grow from them and ultimately become stronger because of them.

I also hope that the Christmas holiday period provides you with the chance to connect with those

around you, to relax and recharge and to plan ahead for the year to come.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
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