



Counselors Message



My name is Golden Crews and I am a School Counselor and the Athletic Director here at Mesa Linda Middle School. I hold a Master's Degree and am licensed in California for both Educational Counseling and Marriage and Family Therapy. My wife, son and I have lived in the High Desert over the last 18 years. I enjoy playing, coaching and watching most sports while also being a novice in digital filmography. I am here to work with students and their families in the areas of Academic, Personal/Social, and Career Development goals. As the Athletic Director, my responsibilities for the safety, fair play, and the integrity of our student athletes to maintain being a student and representative of MLMS as athletes. Both positions provide me the opportunity to work with our students to provide support and continued maturation.



My name is Mrs. Bauduin and this begins my 4th year as a School Counselor at Mesa Linda Middle School. Prior to coming to Mesa Linda, I was an elementary teacher for 3 years at Adelanto Elementary School. I received my Teaching Credential from the University of Redlands in 2010 and completed my Master's Degree from Azusa Pacific University in 2017. I've been married for 17 years and have 3 beautiful children. One graduated from high school 2 years ago and the other two

are a junior and freshman in high school. I enjoy cooking, watching TV (mostly Food Network), going to the river, and camping. I am saddened that we are not able to be together on campus just yet, but am committed to helping students and their families the best that I can. I am here to offer support in the areas of Academics, Social/Emotional, and Career Development. Until the day we are able to be back together on campus, Stay Healthy and Stay Positive!

Overview

The Mesa Linda counseling department strives to assist all students with educational, personal, social, and career development goals. Services and activities are of a developmental nature in that they contribute to the school's mission of educating the whole child. Our position requires the ability to provide confidentiality to our students and represents a safe place for your child to talk without fear of repercussions. Students are able to see us before school, during their lunch, or after school. Only with permission from their teacher or an emergency do we have meetings with students during their instructional time. Our availability to parents or guardians is open door, but we always suggest setting an appointment as students come first. The counselor utilizes a number of research based techniques which are proactive and confidential in nature, while also responding to individual needs and situations. Counseling is provided individually, in a group, and with families. Topics include career, diversity, decision making, organization, anger management, anxiety, grief, substance abuse, self-esteem, and social/interpersonal needs. Typical approaches include, but are not limited to the following:

- Play/Art Therapeutic Experiences- role playing solutions
- Strengths Based Talk Therapy-use of individual strengths to manage and improve decision making
- Behavioral coaching-goal setting
- Therapeutic games-developing coping skills
- Conflict Resolution processes-working out disagreements
- Bibliotherapeutic Experiences-discussing texts relevant to student experience

Mrs. Bauduin and Mr. Crews are credentialed with a Master's Degree in Educational Counseling with a Pupil Personnel Services to provide students with a safe adult to discuss academic, personal/social, and career topics with confidentiality. However, the school counselor is a mandated reporter and will only break that confidence solely using relevant information necessary to prevent harm to the student or harm to someone else.

Classroom Presentations

Flirting or Hurting

Sexual Harassment Awareness

An Apple is An Apple

Diversity

Career Tree	Career Goals
Zombie Apocalypse	Decision Making
A Perfect World	Decision Making/Diversity
Striving Versus Surviving	Decision Making/Peer Pressure
How I Learn	Self-Awareness
Messy Bag	Time Management/Organization

Group Sessions

Helping Girls with Relational Training

This is an 8 week course which helps young women explore what it means to be a healthy woman in today's world. Topics explored include but are not limited to balancing their lives, facing challenges, meaningful relationships, self-confidence, humor, and self-acceptance.

Aggression Replacement Training

This is a 10 week course that helps teach students how to successfully gain control over anger and how to gain more personal power. Triggers will be discussed and ways to appropriately manage them.

Family Paradigm Change

This is a 10 week course which students who have experienced a change in their family to include separation, divorce, new family members, or the loss of a family member.

Handling Anxiety and Stress

This is an 8 week course which students gain awareness of their triggers, utilize modification skills, and decrease symptomology through use of relaxation, time management, communication, and self-talk strategies.

Links

Study Skills

How to Study

<http://www.how-to-study.com/>

Study Guides & Strategies

<http://www.studygs.net/>

Homework Help

Learning Games& Homework Help for Kids

<http://www.fekids.com/klm/>

Test Taking Tips

Tips to reduce testing anxiety

<http://www.testtakingtips.com/anxiety/index.htm>

Resources on Bullying

<http://www.stopbullying.gov/>

<http://www.pacer.org/bullying/>

<http://www.pbs.org/parents/itsmylife/resources/bullies.html>

<http://www.nea.org/home/47111.htm>

<http://www.learningfirst.org/bullying>

Parenting- Anti Drug

<http://www.drugabuse.gov/pdf/prevention/RedBook.pdf>

LGBTQ Support

It gets better

<http://www.itgetsbetter.org>

The Trevor Project (Suicide Prevention for LGBTQ youth)

www.thetrevorproject.org

Anti-Bullying Info for LGBTQ Youth

www.glsen.org

Support for youth struggling with gender identity

www.genderspectrum.org

Career

Occupational Outlook Handbook

www.bls.gov/ooh/home.htm

ISEEK

www.iseek.org

CareerOneStop

www.careeronestop.org/explorecareers/explorecareers.aspx

Program of Study

www.mnprogramsofstudy.org

Healthy Relationships

<http://counseling.uoregon.edu/TopicsResources/StudentSelf-Help/HealthyRelationships.aspx>

Peer Pressure

<http://www.thatsnotcool.com>