NAVIGATING SUCCESS AT LONE STAR

GROWING THROUGH TRIAL, ERROR, & SELF-DISCOVERY

March 2026

March always feels like a month of growth. Not just academically, but emotionally, socially, and personally. In our counseling program, everything we do centers around helping students understand who they are, build resilience, and align their choices with the future they want. Growth doesn't happen through perfection. It happens through practice, reflection, mistakes, and trying again. One of the greatest gifts we can give children is the freedom to explore who they are becoming. Every child — whether in kindergarten or preparing for graduation — is in the process of becoming.

Becoming more aware. Becoming more resilient. Becoming more confident.

Thank you for partnering with me as we help students grow into self-aware, capable individuals ready to step into their future. If you ever have questions or would like to connect, I am always here.



Natasha Biesemeier

Parent Activity: The Growth Conversation Challenge

Try this simple family conversation this month:

1. Share one mistake you made recently.
2. Share what you learned from it.
3. Share one strength that helped you move forward.

Modeling reflection teaches children that mistakes are not something to hide — they are something to learn from.

You might also ask:

- "What are you proud of this week?"
- "What felt hard?"
- "What are you still figuring out?"

WHAT GROWTH LOOKS LIKE AT EACH LEVEL



Elementary

Students are learning: How to understand and name their feelings, that all emotions are okay, tools to regulate big feelings, the importance of connection and trusted adults, and how their strengths help them navigate challenges

When children can recognize their emotions and use healthy coping strategies, they build confidence from the inside out.

Parent Conversation Starter: "What was something that challenged you today? What helped you handle it?"

Middle School

Students are learning: Effective communication skills, empathy and perspective-taking, leadership and belonging, how to build confidence, and how to handle peer pressure and comparison.

This stage often comes with trial and error. Students are figuring out where they fit, and sometimes where they don't. That's not failure. That's growth.
Confidence isn't about being the loudest voice in the room. It's about believing your voice matters.

Parent Conversation Starter: "What is something you're still figuring out about yourself?"

High School

We spend time on: Career exploration, college visits and job shadows, scholarships and applications, exploring different courses and pathways, aligning interests, strengths, and values with the future.

One of the biggest lessons we emphasize: Sometimes discovering who you are means discovering what you are not, and that is part of the process. Trying a new class, a job shadow, or an activity and realizing it's not the right fit is valuable information. Growth requires exploration.