**Directions:** Conduct a Strategic Reading of the following document

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| **Common Problems with Middle and High School Students***Counseling 101 Course on EducationPortal.com written by Jade Mazarin**Jade is a psychotherapist in private practice with an MA in counseling and a Board Certification Counseling. She is also a freelance writer on mental health topics.*You may have had a tough time during your middle or high school years; during that time, it's common for teens to go through various emotional challenges. Here we will look into several issues that are commonly faced during this time.When I look back on my school years, I remember middle school as being one of the hardest times emotionally. My parents had just gotten a divorce and my two best friends stopped being friends with me, leaving me feeling that I wasn't good enough. In hindsight, I wished I had talked with my school counselor about what I was going through. That is, after all, why she was there - to offer a listening ear and help me deal with challenging events. Middle and high school years are often tumultuous times for people. Problems like family situations, friend difficulties, academic trouble, and challenging dating scenarios are commonplace for teens. It is important for school counselors to have an idea of what teens typically go through.**Problems with Peers**16-year-old Penny is often upset with her friend Sasha. Sometimes Sasha is rude to her; sometimes she seems to be flirting with Penny's boyfriend. Penny complains to her other friends frequently about what Sasha is doing. One of her friends tells Sasha everything she hears, which only causes Sasha to act more rudely towards Penny.As many of us know, problems between peers are common in middle and high school. Like so many adolescents dealing with peer issues, Penny would benefit from having an outside figure to discuss situations with, help her seek positive treatment, and show her how to be kind to others when needed.**Issues with Authority**Seventh grader Ian tends to misbehave frequently in class. When his teachers try to punish him, they send him to the principal, but that doesn't seem to have much of an impact on him. Ian also does not listen to his parents when it is not convenient for him. He doesn't like being told what to do and believes that he should be in charge of his own life.Ian's issues with authority are a hindrance to his growth as a person and his positive relationships with others. A counselor could get to know Ian, look into why he might distrust authority, and provide a positive relationship with an authority figure.**Substance Abuse**As peer pressure is most powerful during High School, it is also a common problem that adolescents are pressured into drinking alcohol or trying drugs in order to get their peers' approval. A counselor is an advocate in raising awareness of these abusive substances to the students. They develop programs to educate students on the risks and health hazards of substance abuse. |
| Source:  | Audience: | Genre: |
| Summarize the central idea and supporting details | Exhibit critical insights (comment on such things as POV, credibility, evidentiary support etc.) |
| What critical questions came to mind as you read this document? |
| Apply the document to a larger issue or another text you have read. |
| What was the purpose of this document? |