

Four Components of Texas Elementary Guidance Programs

- The **Guidance Curriculum** is delivered to all students through classroom lessons and/or through school-wide approaches (video announcements, assemblies & programs). The Texas Guidance Curriculum K-12 focuses on self-confidence, motivation to achieve, decision-making, goal-setting, problem solving, interpersonal competence, communication skills, cross-cultural effectiveness, and responsible behavior.
- **Responsive Services** address the immediate needs of students through prevention and intervention. These short-term interventions should not be thought of as treatment or therapy. Referrals can be requested if necessary.
- The **Planning** component of school counseling involves helping students with study skills, work habits, and knowledge of potential career opportunities. In the area of personal-social concerns the counselor works with students on the development of healthy self-concepts and coping skills.
- **System Support** includes consultation with parents and school personnel, facilitating gifted and talented testing, and working as a team with the principal and school principal.



Memorial Drive Elementary

Ana Vazao, M.Ed.,

Counselor

713-251-6375

Ana.vazao@springbranchisd.com



**GUIDANCE
SERVICES AT
MDE**

Ana Vazao, Counselor

MDE's Counseling Program includes:

- Guidance lessons as requested by classroom teachers
- Mini-lessons via video announcements
- Individual counseling
- Group counseling for: anger management, social skills, and friendship
- Bucket-filling activities
- No Place for Hate initiative
- Red Ribbon Week
- GenTex Week
- Developmentally appropriate career exploration
- Middle school transition activities for fifth grade
- Team building activities
- Character Without Question program
- WHO child abuse prevention program
- Gifted/ Talented screening
- Mentor program
- Parent consultation
- Interventions as part of the Student Assistance Team

Why Do Parents Contact A School Counselor?

- Academic achievement
- Family transitions
- Student crisis situations
- Higher education issues
- Questions regarding the Gifted/ Talented process, screening, and appeals
- Special needs of students

How Is A Student Referral Made to the Counselor?

- Self-referral by the student
- Teacher, administrator, or staff referral
- Parent referral
- Counselor observation
- Peer referral

What Is A School Counselor?

- A TEA/SBEC certified, specially trained professional who helps children understand themselves and others
- An educator who advocates for all students
- A mediator, consultant, coordinator, and group leader

School Counselors Also Work with Students on Conditions that Interfere with the Academic Process such as:

- Family fragmentation
- Divorce
- Anger
- Test Anxiety
- Trauma
- Peer Problems
- Loss and Grief
- Family Crisis
- Abuse
- Phobias
- Safety
- Social Skills
- Underachievement
- Depression

Many social stressors place numerous students at risk. **A guidance program that provides direct services and is directed by a professionally trained counselor is a critical component of a school's prevention efforts in the 21st century.**