

### Small Group Counseling

Small groups are made up of 4-8 students and focus on a specific topic or skill. These groups allow students to learn together in a caring, supportive setting which provides each student the opportunity to express him/herself.

- Permission slips are sent home prior to student involvement in small groups.

### Classroom Guidance

A main focus for Menlo Park's counseling department is character education and the six pillars of character—responsibility, citizenship, fairness, caring, trustworthiness, and respect. Classroom lessons developed around introducing and fostering the concepts of these pillars are conducted throughout the year. Students learn personal responsibility, conflict resolution, empathy, bully proofing, how to make good choices, social skills, career exploration, etc. through these classroom experiences.

### Individual Counseling Sessions

Short term individual counseling is available to all students. At Menlo Park we believe in solution based counseling. During these sessions the school counselor works with the student to reach a goal that will benefit the student's academic, social & emotional well-being. Teachers, parents, or students may request an individual counseling session.