

What is a School Counselor?

School counselors are specially trained professionals who can help a student and their families make important academic, personal/social and career decisions. They provide information and direction in selecting school courses, career exploration, concerns in school or at home and much more. School Counselors have earned a Master's Degree from an approved counselor education program and must receive state certifications at two levels: Educational Specialist I, and Educational Specialists II (after 3 years of satisfactory approved job performance as well as an additional 24 semester credits at a graduate/undergraduate level). Counselors are trained in many areas including but not limited to child growth and development, crisis intervention, behavioral science and human relations, individual counseling as well as group counseling and trained to work with community agencies and other referral sources.

When should I contact the School Counselor?

Please feel free to contact me for any reasons but some specific examples can be:

- Your child has a million excuses for not wanting to come to school. "I have a head/stomach ache"
- Your child is becoming anxious and/or frustrated with certain classes, homework or school in general.
- There has been a major change recently in your family; Divorce, Separation, Remarriage, Death/Loss, a new brother or sister, change in family income/housing.
- Your student states he/she does not have friends or their peers are "mean"

POSSIBLE SERVICES PROVIDED:

- ❖ Guidance lessons on various topics such as bullying, health/wellness, career exploration, drug/alcohol education, test/study skills, and anger/stress management
- ❖ A contact member for the Student Assistance Program C.A.T
- ❖ Agency referrals and additional resources on various topics
- ❖ Individual/group support for students
- ❖ Transition services for upcoming 6th, 9th graders, as well as for new students.