



DISCLOSURE DOCUMENT
Melissa Watson
School Counselor
2022-23

North Star Elementary
Room #51 | 801.578.8448 ext. 1510 | melissa.watson@slcschools.org | Office Hours M-F 8:00-3:00

COUNSELING DESCRIPTION

The purpose of this statement is to inform you of my role as a school counselor and the elements of the SLCSD Comprehensive Counseling Guidance Program. My counseling approach is best described as eclectic, meaning that I use techniques from different theories depending on the needs of each individual student. I employ a non-judgmental philosophy and a clear communication style.

GOALS AND OBJECTIVES

Guidance Curriculum – includes specific anti-bullying, pro-social, character education whole class lessons and small group meetings.

Responsive Services – children who have immediate needs are seen when a referral is initiated by teacher, parent, guardian or other adult specific to the child. Small groups are also offered for students who may need extra support in dealing with issues such as emotional control (anxiety, anger), self-esteem, friendship skills, and impulse control.

Individual Student Planning – an on-going method of supporting a student to achieve their educational goals with an approach tailored to their own psyche for emotional well-being and mental health.

System Support – a focus on the student's whole self that includes: family, staff, peers and community. Collaboration with district, school personnel and administration is a regular component.

Crisis intervention – for students experiencing: death in the family, health issues with a parent or close member of the family and/or their own physical health condition, or divorce. Referrals for psychological support are offered when a parent believes the situation makes it necessary.

Confidentiality is assured and will be guided by the laws, policies and ethical standards as issued by FERPA (Federal Educational Rights and Privacy Act) and PPRA (Protection of Pupil Rights Amendment).

INSTRUCTIONAL MATERIALS

Social and Emotional Learning curricula will include the online platforms Move This World and Inner Explorer. Students will also receive whole class counselor lessons to learn about being good citizens, resilient, trustworthy, kind, etc. These lessons will include various instructional videos and children's books.

Find out more here:

[Move This World](#)

[Inner Explorer](#)

Parents can make an appointment to come to the school to view the instructional materials being used in the counseling lessons. Please contact Melissa Watson to set up a time.