

Your school counselor can help you ...

- Understand yourself and others.
- When you need someone to listen to you.
- With family changes.
- When you are faced with personal and difficult situations.
- With career development and healthy decision-making.
- When you are **stressed out!**

Confidentiality

All information shared during counseling sessions is **confidential** *unless* you tell us that

- (1) you plan to harm yourself or others,
or
- (2) you are the target of abuse or neglect,
or
- (3) you allow us to tell a trusted adult.

In these situations, we are required by law to report this information to parents and/or the appropriate agencies.

How do I talk with my school counselor?

- Ask a teacher, parent or adult
- Virtual office request form
- Ask them at lunch
- Email them

School Counselor Contact Info:

mlhildenberger@smcps.org

301-884-4635 x37121

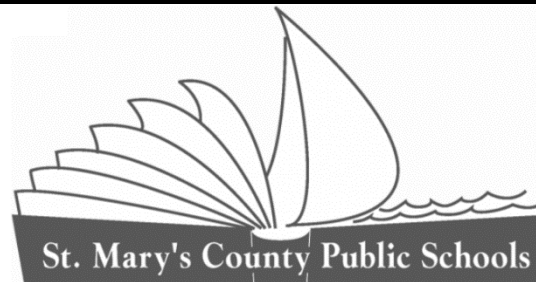
mrisom@smcps.org

301-884-4635 x37122

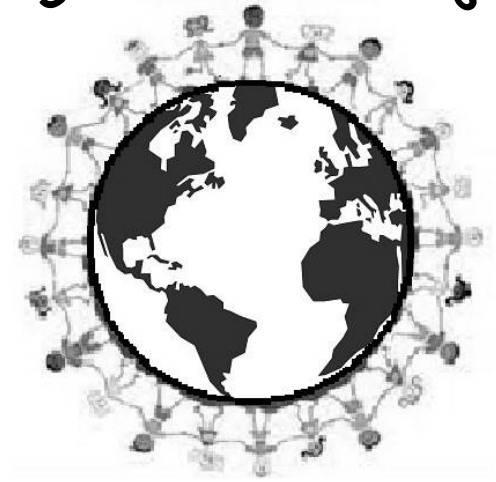
ejripple@smcps.org

301-884-4635 x37123

Monday – Friday
7:25 am – 2:55 pm



School Counselors



make a world of
difference



Your School Counselors:

Ms. H (Hildenberger) (6th grade)
Dr. Isom (7th grade)
Mrs. Ripple (8th grade)

at Margaret Brent Middle School
<https://schools.smcps.org/mbms/>



Mission Statement

Advocate for student holistic development, which includes academic, social and career aspects of our program, to promote a collaborative relationship with parents, students, faculty and community.

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DEVELOPMENTAL GOALS:

ACADEMIC

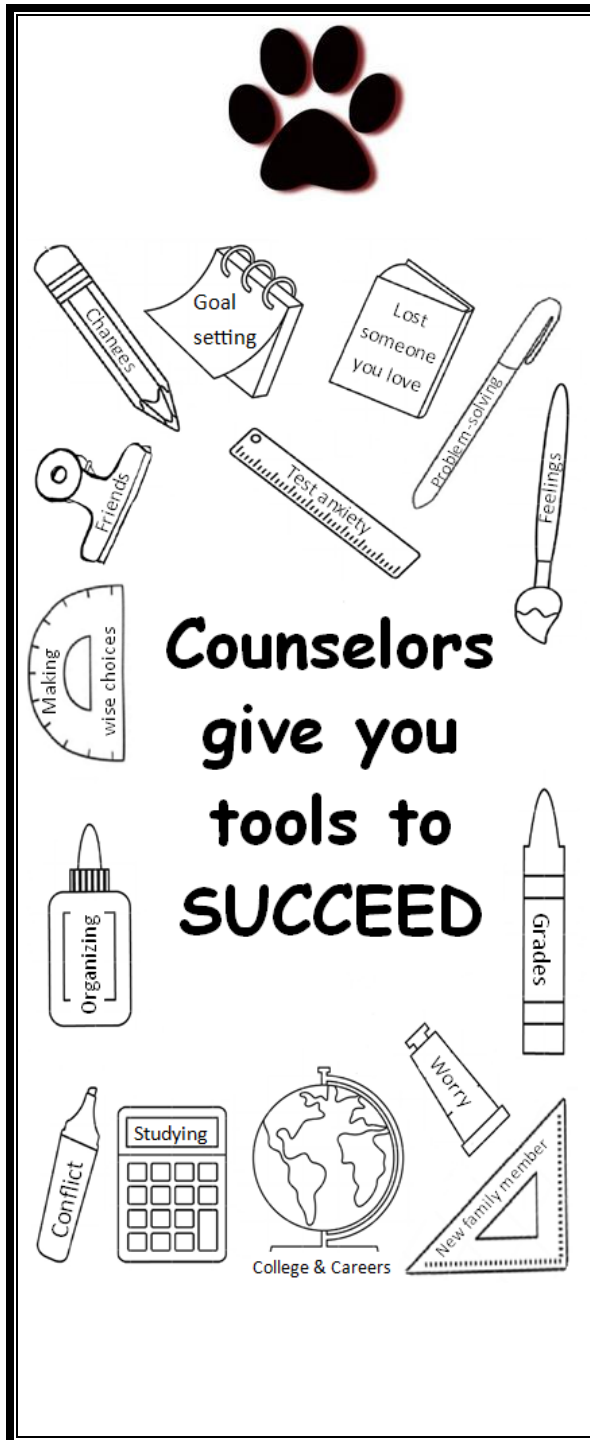
Students will acquire the academic preparation essential to choose from a variety of educational, training, and employment options upon completion of secondary school.

COLLEGE / CAREER

Students will investigate the world of work in order to make informed college and career decisions. Classroom Naviance lesson.

SOCIAL / EMOTIONAL

Students will acquire an understanding of, and respect for, self and others, and the skills to be responsible citizens. Suicide Prevention lesson.



Common concerns to see a school counselor about

"I'm having trouble with an adult."

"I just need to talk to someone."

"My best friend hates me and everyone is against me."

"My homework isn't done because of something that happened at home."

"Something happened to me and I need to tell someone."

"One of my parents left last night and I don't feel very good."

"I don't have any friends."

Counselors Do:

- Help you solve problems
- Guide you to find resources
- Teach you how to cope with life
- Help you feel safe at school
- Care

Counselors Do Not:

- Judge you
- Punish/Discipline you
- Provide therapy