

Growth Mindset

ways to help your child

TALK ABOUT IT

Talk with your child about his or her day, but guide the discussion by asking questions like:



- Did you make a mistake today? What did you learn from it?
- What did you work hard on today?

CELEBRATE MISTAKES (say what?!)

Allow your kids to fail and make mistakes. But, isn't that hard to do? And why would you want to do that if you can help them succeed? Making mistakes is how we learn. Remind her that each time she fails and tries again, her brain is growing stronger!

PRAISE EFFORT OVER SUCCESS

Instead of focusing your attention on the times when your child is successful, recognize the times when they are putting effort into what they are doing. Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

Resources

Crisis Resources

- Call 911 for any imminent danger to self or others
- Whitebird 541-687-4000, 800-422-7552 (24-hour local crisis line)
- Mental Health Crisis Response Program: 1-888-989-9990 (For parents of children through age 17)
- Looking Glass Youth & Family Crisis Line: 541-689-3111
- National Suicide Prevention Lifeline: 800-273-8255 (press 1 for Veterans Crisis Line)
- Trevor Lifeline: 1-866-488-7386 (For LGBTQ youth)

Care Solace

- Pleasant Hill School District students, staff & families looking for help with mental health or substance use, can call Care Solace at 888-515-0595 for 24/7/365 personalized & confidential help finding a therapist or you can search on your own at www.caresolace.com/pleasanthill

*"In a world where you can be anything...
BE KIND."*



Pleasant Hill Elementary



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How do I see my school counselor?

- ✓ Student self referral
- ✓ Teacher referral
- ✓ Parent referral
- ✓ Administrator referral
- ✓ Counselor observation

Our Program

Our comprehensive school counseling program at Pleasant Hill follows the American School Counselor Association National model. In order to ensure the academic, personal/social, and career success of all students, school counselors deliver the following services: classroom guidance lessons, small group counseling lessons and individual counseling.

•Please note that school counselors provide brief solution-focused counseling to impact achievement, attendance, and behavior in the academic setting. School Counselors cannot provide long-term therapeutic counseling.

Why connect with the school counselor?



Helping Students

...to problem solve, explore interests, learn to cope with emotions, and to meet academic, personal, and social goals.

Helping Parents

...to provide support when seeking help, connect with local agencies, and review their child's academic & behavior development.

Helping Teachers

...to make referrals as necessary, provide classroom support, and teaching guidance lessons based on student needs.

What types of programs are offered?

Classroom Guidance

Classroom guidance lessons are delivered to all students and are aligned with the ASCA National Standards. These lessons provide information and support for academic, social, and personal development. Topics may include career awareness, test-taking and study skills, developing a positive self-image, goal setting, conflict resolution, and friendships.

Small Group Counseling

Small Group counseling offers the opportunity for students with similar concerns or goals to learn and talk with each other in a safe and fun environment. Topics may include friendships, leadership, grief/loss, changing families, study skills, and organization.

Individual Counseling

Individual counseling is available to all students to discuss academic, personal, and social issues. School counseling is not therapy, but brief, solution-focused support for a problem that may be affecting their achievement and focus in school.