

Meet SCHOOL COUNSELOR

our

MUSIC city (OUNSELOR



Ms. Goodman (left) & Mrs. Barreiro twinning on Halloween!

hello my name is

Rachel Goodman

I am so excited to start my
5th year at Truman School!
I love teaching counseling
lessons, running groups,
and meeting with students
one-on-one. I can't wait to
get to know you!

A Little About Me!!



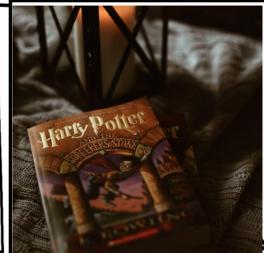
Ms. Goodman in Puerto Rico!!

7<mark>32-525-5215</mark> Ext. 2060 Option 5

Rachel.Goodman@sayrevillek12.net

I love being your school counselor and know that I have the best job in the world! My favorite food is string cheese!! I love hiking through the woods with my dog, Ralph!. My favorite colors are burgundy and purple. I love all the Harry Potter books and all things MAGICAL!!







What is a SCHOOL COUNSELOR?

A school counselor is a highly trained educator and mental health professional that supports students' academic, personal-social, and career development. School counselors collaborate with stakeholders to implement responsive, preventative services that meet the needs of ALL students and ensure that they reach their highest potential. School counselors help make school communities a safe and respectful place to learn and grow.



Which Services Do School

COUNSELORS PROVIDE?

- Individual counseling
- Small group counseling
- Crisis counseling
- Classroom guidance lessons
- School testing coordinator
- 504 Coordination
- RTI team coordinator
- HIB Specialist



Is it Guidance Counselor? Or SCHOOL COUNSELOR?

- THEN: In the past, we used the term "Guidance Counselor" because counselors "guided" students towards their college and career by providing letters of recommendation, sending out transcripts, etc.
- NOW: School counselors are highly trained mental health professionals that provide a preventative, comprehensive program that supports ALL students.



Do School Counselors PROVIDE THERAPY?

NO, we do not provide therapy. Although school counselors are highly trained, we are not able to diagnose or treat mental illness as a therapist would in a private practice or outside agency. If a student needs long-term, intensive services, school counselors can refer them to a therapist in the community who can help.

Can School Counselors

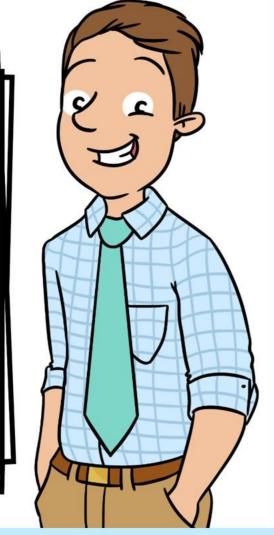
FIX STUDENTS?

Unfortunately, we are not miracle workers. We can collaborate with stakeholders to put a wide variety of supports in place to help students succeed, but we cannot "fix" or "solve" their problems. Behavioral change takes time and sometimes students have needs that are best met by an outside therapist or provider.

Is a School Counselor's Work

CONFIDENTIAL?

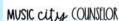
YES, school counselors respect students by keeping the information they share confidential. A critical step in building trust and rapport with students is making sure they know that we will respect their privacy. School counselors will share critical information with teachers, parents, and administrators on a "need to know" basis. If a student is hurting themselves or others, the school counselor will inform the appropriate stakeholders right away to ensure their safety.



Do School Counselors Only Work w/

"BAD KIDS?"

NO, school counselors support ALL students. All of us go through challenges at school and at home that affect us socially, emotionally, and academically. We can all benefit at some point from working with a trained professional who will listen to, support, and help us. It is important that students, teachers, and parents understand that school counselors are here to help the whole school community, and working with us does not mean that someone is "crazy" or "troubled" in any way.



How Do I Refer Students for

COUNSELING SERVICES?

Parents and any member of the school community can request that I meet with a student. Feel free to call or email me. Students can personally request to see me by asking their teachers or parents to get in touch with me, or they can ask me in person!



How can Your School Counselor



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