



Welcome



TO OUR SCHOOL COUNSELORS' CORNER

B.F. GRADY SCHOOL COUNSELORS

Jessica Palmer

252-568-5012

jpalm@duplinschools.net

Megan S. Holland

252-568-5013

mholland@duplinschools.net

WHAT IS A SCHOOL COUNSELOR?

A School Counselor is a certified professional that works within the school environment to assist students at all levels from elementary school to college. They address students' concerns about academic, emotional, or social problems. Counselors help students work through their problems, plan goals, and take action.



SERVICES PROVIDED

- Classroom Guidance Lessons
- Individual Counseling
- Small Group Counseling



WHAT DOES A SCHOOL COUNSELOR HELP WITH?

The School Counselor can provide support services to address a number of issues, including but not limited to the following:

- Anger Management
- Anxiety
- Bullying
- Conflict Resolution
- Copying Skills
- Divorce/ Changing Families
- Friendship Skills
- Grief and Loss
- Self-Control
- Self-Esteem
- Social Skills
- Stress Management



HELPFUL LINKS FOR FAMILIES

- [ADHD/ADD](#)
- [Bullying](#)
- [Child Development](#)
- [Family Education](#)
- [Health & Development](#)

