

An orange abstract shape with a white outline, resembling a stylized flame or a speech bubble, is located in the top-left corner of the slide.

Welcome

Introduction to School Counseling

MRS. KUPSEY

Three yellow starburst shapes with black outlines are located in the bottom-right corner of the slide.

School Counseling Department Contact Info

Mike Schiff
Director School Counseling
schiffm@krsd.us
(856)467-3300 ext. 4210

Theresa Kupsey – Class of 2030
School Counselor
kupseyt@krsd.us
(856)467-3300 ext. 3044

Antoinette Henry – Class of 2029
School Counselor
henrya@krsd.us
(856)467-3300 ext. 3024

Ray Philipp – 7th thru 9th Grade
Wellness Counselor
philippr@krsd.us
(856)467-3300 ext. 3011



About Me

BACKGROUND INFO

- **Rowan University – Bachelor's Degree in Special Education**
- **Penns Grove Middle School – Teaching Experience**
- **Clearview Middle School – Teaching Experience**
- **Wilmington University – School Counseling Certification**
- **Kingsway Regional Middle School – School Counselor**
- **27 Years of Service in Education**

Tonight's Overview

Role of a School Counselor VS a Wellness Counselor

School Counseling Services

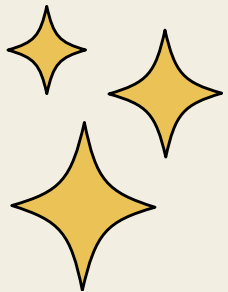
School Counseling Curriculum

School Counseling Evening Presentations

School Counseling Highlights

Student/Family Resources in Schoology

Q & A



Role of a School Counselor VS a Wellness Counselor

Academic Guidance

- **Study and organizational skills**
- **Academic goal setting and planning**
- **Monitoring academic progress**

Social & Emotional Development

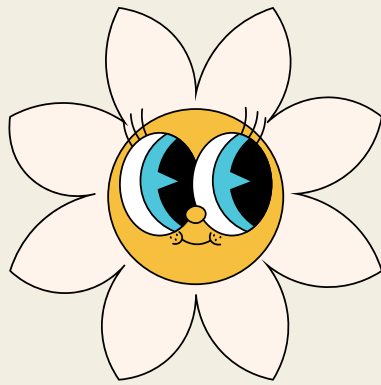
- **Peer relationships and conflict resolution**
- **Emotional regulation and coping strategies**
- **Building self-esteem and resilience**

College & Career Exploration

- **Introduction to career interests and skills**
- **Goal setting for future education and career pathways**
- **High school planning and preparation**

Supporting Student Well-Being

To provide counseling and school-wide services through the promotion of social, emotional, and personal development of all students. The topics addressed are but are not limited to: anxiety, depression, substance abuse, personal conflicts, and character development.



Services

INDIVIDUAL MEETINGS

Student – School Counselor Meetings
Minimum Two Per Grade Level

STAFF CONSULTATION

Administration, Team, CST, I&RS

SMALL GROUP COUNSELING

Initiated by the Wellness Counselor
Two Per Grade Level

PARENT MEETINGS

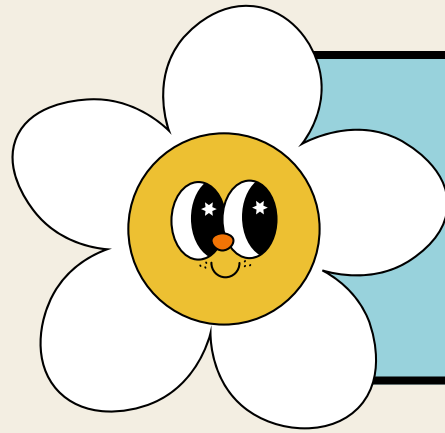
Team Availability – Mondays, Tuesdays, Thursdays

CLASSROOM LESSONS

Three Per Grade Level

COMMUNITY PARTNERSHIPS

Care Solace, Therapists, DCPP, etc.



School Counseling Curriculum

7TH GRADE

Lesson 1 : Introduction to School Counseling

Objective – Students will define the roles of school counselors and wellness counselors, and learn how to access their services.

Lesson 2: Identifying Emotions (Self Awareness)

Objective – Students will expand on their pre-existing vocabulary to identify emotions and understand how self awareness is related to emotions

Lesson 3: Introduction to Career Exploration

Objective – Students will identify their strengths and areas of interest and connect them to a career and Six Programs of Study at Kingsway.

8TH GRADE

Lesson 1 : Transitioning to High School – Ready, Set, Plan!

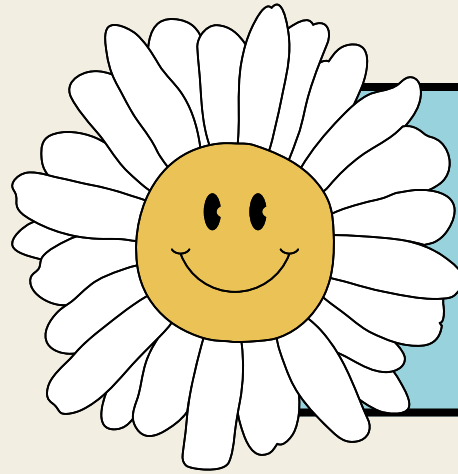
Objective – Students will review the Program Planning Guide and course offerings. Students will learn key terms related to high school and create a personalized learning plan.

Lesson 2: Graphing My Path to Success

Objective – Students will learn skills to ensure success in high school and how to set goals.

Lesson 3: Coping Skills (Self Management)

Objective – Students will discuss coping skills and the impact of positive and negative skills on mental health and outcomes.



Evening Presentations

7TH GRADE

Introduction to School Counseling

8TH GRADE

Planning for High School

7TH-12TH GRADES

Advanced Credit Night

NCAA Information Session

Wellness Counselor – Mental Health & Drug/Alcohol Prevention

COLLEGE & CAREER EXPLORATION

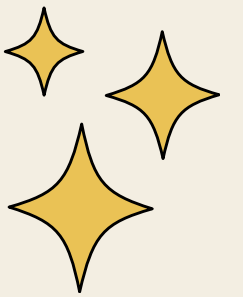
College & Career Week



Career Day



Social/Emotional

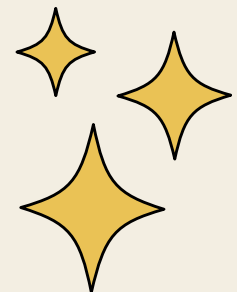
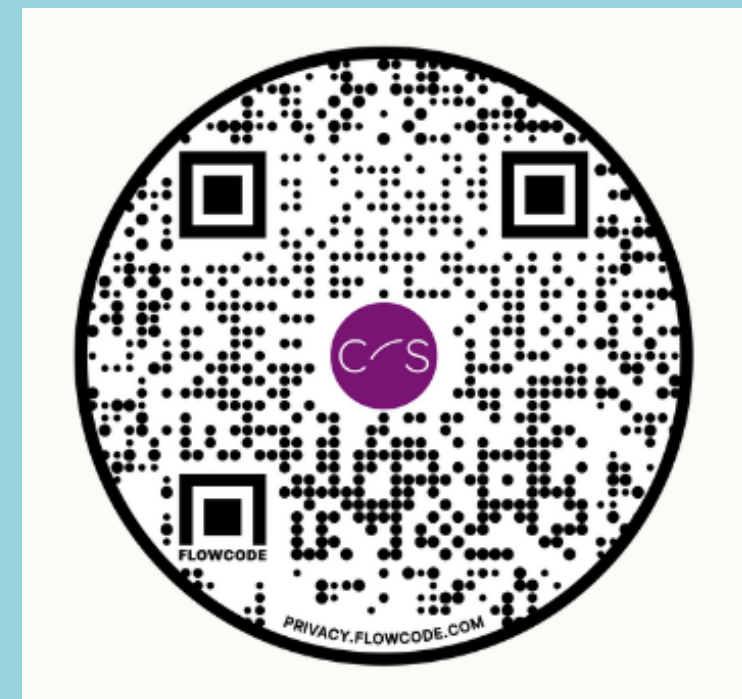


- **Universal Screener**

The goal is to identify students who may need additional support or interventions.

- **Care Solace**

Call (888) 515-0595 or go to caresolace.com/krsd or scan this QR code.



Student/Family Resources in Schoology

Important Information Posted Here!

**Resources for Academic, Social/Emotional, and
College/Career**



7th Grade School Counselor - Mrs. Kupsey

Tips for Supporting Your Child's Success

As parents, you play a crucial role in your child's success.

- **Encourage Organization:** Help your child use a planner to keep track of assignments and important dates. Create a dedicated study space at home.
- **Promote Time Management:** Encourage setting specific times for homework and study. Break down larger tasks into manageable steps.
- **Be Supportive:** Be open to listening and discussing your child's concerns. Please encourage them to seek help from teachers or the school counselor when needed.
- **Foster Involvement:** Encourage participation in clubs, sports, or other extracurricular activities.
- **Promote Healthy Habits:** Ensure your child gets enough sleep, eats well, and exercises regularly. Teach stress management techniques.



Questions

**Theresa Kupsey – Class of 2030
School Counselor
kupseyt@krsd.us
(856)467-3300 ext. 3044**

