

## How do I see my school counselor?

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

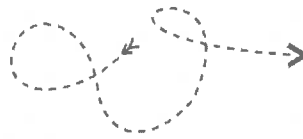
### CONFIDENTIALITY

Student and family privacy is very important. All information shared with a school counselor will remain confidential unless a student shares a plan to harm him or herself or someone else, or there is suspicion a student may be a victim of abuse or neglect.

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

Counselors may share information with teachers/staff with student or parent permission.

## 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 support when seeking help, teach 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.