



# Meet the Counselor

## Ms. Jackson

### Welcome Lake Hills Hawks!

Hello! It is such an honor to be the School Counselor at Lake Hills Elementary as I work to support all students, parents and our entire school community as an advocate, resource provider, and educator. Please visit my "Counseling Corner" on the Lake Hills Website for more information or to make a counseling referral.

### Contact

**Office Hours:** 8:00am-3:00pm

Meetings may be set up by appointment.

**Phone:** (951) 358-1620

**Email:**

[justine.jackson@alvordschools.org](mailto:justine.jackson@alvordschools.org)

### I can help students with...

- Friendship skills (Making and maintaining healthy relationships)
  - Setting goals for their academic success
  - Working well with others
    - Feeling good about themselves (Building a positive self-image and self-confidence)
- Adjusting to a new school
- Emotional management skills (stress, worry, anger, etc.)
- Dealing with peer pressure and bullying

### I can help parents with...

- Exploring ways to help their student succeed in academic, career, personal and social development
  - Improving parent-child communications
  - Providing referrals for community resources