

Frequently Asked Questions

FOR THE COUNSELOR

FAQ'S



What services does the counselor provide?

Elementary School Counselors provide both prevention and intervention services. Counselors work with students on developing appropriate tools for communicating, making decisions, developing friendships, and strengthening coping skills.

Counselors develop and deliver **classroom lessons** that teach social, emotional and academic skills. Facilitating **small group counseling**, providing immediate **short-term counseling** when needed, and providing support during personal **crisis** are additional services provided.

In addition, counselors work collaboratively with parents to help their student succeed in academic, career, personal and social development.



How does my student get referred to the counselor?

Students can see their Elementary School Counselor via self-referral, parental request, request of the counselor, administrative referral, and/or teacher or staff referral.

To fill out a referral form, go to <https://forms.gle/QFPsvnytnFRyyvhbZ> to complete the online referral.

Having difficulty accessing that link?
Send me an email at suzannah.jaime@alvordschools.org

If it's the weekend or outside of office hours,
how do I get help for Crisis Counseling?

How do parents/guardians contact
the counselor?

Parents/guardians are welcome and encouraged to contact the school counselor at any time via phone, email or ParentsSquare private message.

Please view the **Virtual Office** for a list of office hours and contact information.

Our district has many resources for various situations on their website at <http://alvordschools.org/Domain/2421>.

You can also ask your school counselor for a list of local resources to contact in case of a crisis situation

SOS



For how long does the school counselor see the student?

Individual sessions may be held on a regular basis for 6-8 sessions during the school day or simply as needed. Students are seen for approximately 20 minutes during each session. Small group sessions are 30 minutes during the school day for 6-8 sessions.

How do I get connected to outside services?

The role of a school counselor is to assist children during their school day. Topics discussed may include issues with friends, test anxiety, social issues, and problems at home (i.e. divorce, death of a loved one, deployment) their school day. When there are difficulties at home (i.e. divorce, death of a loved one, deployment) there are times when outside, therapeutic counseling may be necessary. If you decide therapeutic counseling is necessary for your family, I can provide information and help you connect with local counseling agencies.

If a student is getting outside services, what is the school counselor's role?

The school counselor can collaborate with the outside service providers if needed. There is a form that the school counselor might give you that authorizes the counselor and service provider to disclose confidential information to each other, however the information remains confidential and does not go outside of the two authorized parties..





Am I in trouble if I see the School Counselor?

When your student receives a slip with the Counselor's name on it, it does not mean your student has been called in because they are in trouble or "bad."

In fact, a counselor is an adult who acts as your advocate! An advocate is someone who wants to listen to what you have to say and help you come up with reasonable solutions to making your situation better. It does not mean that your counselor can solve the problem for you; it does mean that you have a safe place that you can go to when you are not sure what to do.

Why would my child see you?

Students may be referred to the school counselor if there are concerns that are inhibiting their learning here at school. Most concerns, but not all, fall into the following areas: behavioral, social/emotional, and academic.

Will you notify me if you spoke to my child?

Not all counselor-student interactions are considered counseling. At times the counselor may talk to students to help resolve conflicts or problem solve. Parents are notified at the discretion of the counselor. If a counselor believes a student would benefit from individual counseling sessions, the counselor will notify the parent and seek parental consent.

What are the parameters around confidentiality?

Confidentiality is an important aspect of counseling; this is how the counselor builds trust with the student. What the child says during counseling is to remain between the counselor and the child unless:

1. The child is in imminent danger.
2. The child is threatening to harm him/herself or someone else.
3. The child reports an incident of abuse and/or neglect.
4. The child gives permission to disclose.

When a breach in confidentiality is necessary, I would make a report to the appropriate agencies, support staff and/or parents depending on the situation. Note: School counselors and all other school staff members are mandated reporters. Mandated reporters are required by law to report to any time a student is suspected of being in danger.

...can we
talk?



What topics do you cover in small groups?

Topics are determined based on the need. Some common topics of groups held are listed below:

- Executive Functioning: This academic skills group focuses on listening, following directions, focusing attention, making a plan for learning; self-talk; Decision making; problem solving; Appropriate vs. Inappropriate behavior; friendships; confidence
- Successful Friendship: This social skills group focuses on strengths as a friend; what to look for in a friend; conflict resolution with friends; sharing and taking turns; problem solving; listening to others; how to make a new friend
- Emotion Management: This personal skills group focuses on identifying strong emotions and developing tools to process and cope with our feelings in a positive way.
- Self-Control: This academic skills group focuses on teaching Boys Town skills such as: Organizational Skills, Following Directions, Prioritizing Time, and Doing and Returning Homework.

