



# Meet Your School Counselor

Mrs. Jaime (formerly Martinez)

## My Education

- Bachelor of Arts in Psychology from CBU
- Master of Science in Counseling Psychology from CBU
- School Counseling Credential from University of Redlands

## My Favorites

Sweet Treat: Chocolate- Yum!  
Candy: M&M's and Snickers  
Pastry: Maple Bar Donut  
Drink: Coffee or Fresca Soda  
Stores: Target, Hobby Lobby, & Amazon  
Color: Green (and red!)  
Food: Tacos  
Place: The Mountains

## The Basics!

Hi Vikings!

My name is Janea Jaime and I'm the full time school counselor at Valley View. I have been working counseling field since 2006 as first a Marriage and Family Therapist and now a School Counselor. I live in Riverside with my husband and two sweet children. I enjoy reading, relaxing in the mountains, doing crafts, baking, and traveling. I am excited to be able to work with all the Vikings and their families her at VV! Take a look at the next page to view a snapshot of what my support includes.

## Contact Me!

Send me a message through ParentSquare by finding me in the school directory.  
Email me at: [suzannah.jaime@alvordschools.org](mailto:suzannah.jaime@alvordschools.org)  
[Click here if you would like to fill out a referral for me to work with your student.](#)

As an added layer of social/emotional support for students at VV, I help in a variety of ways. However, my services are limited to School Counseling needs. **If a student needs therapeutic counseling or longer-term support for mental health concerns, I can help you connect with a provider within the community.**

*Hi there!*

# Support from your School Counselor

## *Short-Term Individual Support for:*

- Making and Keeping Friends
- Working With Others
- Positive Self-Esteem
- School Adjustment & Behavior Support
- Managing Strong Feelings (stress, worry, etc.)
- Dealing with Peer Pressure and Bullying

## *Small Group Support:*

30 minute groups of 4-6 students on topics such as:

- Executive Functioning
- Self Control
- Emotion Management
- Healthy Friendships
- Student Success Skills
- ... and more!

## *Whole-School Support*



The largest part of my role is to provide proactive support to the entire school in order to increase student success. I assist with attendance incentives/support, various committees and events to improve student engagement, and social and emotional skill building within the classroom. I provide every class a counseling lesson at least once a month to be proactive and teach/practice skills students need to be successful. This year we will focus on building character skills in the following areas:  
Respect, Responsibility, Gratitude, Empathy, Perseverance, Honesty, Cooperation, and Courage.

## *Family Support*

I am here to assist you in exploring ways to help your student succeed in academic, career, personal, and social development. Contact me via ParentSquare or email to set up a meeting for us to partner together to support your student.