

CLASSROOM GUIDANCE

Regular classroom instruction is provided to students by school counselors and is reinforced by teachers. Guidance lessons in the academic, career and personal/social domains are aligned with the Maine Learning Results and are based upon K-12 developmental goals.

THE SCHOOL ENVIRONMENT

- To become familiar with facilities and procedures
- To learn more about the school counseling program and the role of the school counselor



SELF AND OTHERS

- To understand characteristics, abilities and interests
- To recognize and respect the feelings, needs and uniqueness of others

ATTITUDES AND BEHAVIORS

- To understand how feelings and behaviors are related to consequences
- To learn how behavior can be changed, if desired

DECISION-MAKING AND PROBLEM SOLVING

- To understand the decision-making and problem-solving process
- To know when and how to ask for help

INDIVIDUAL STUDENT PLANNING

INTERPERSONAL SKILLS

- To learn appropriate social skills
- To learn how to appropriately express feelings
- To learn conflict resolution skills
- To learn how to cooperate within a group



SCHOOL SUCCESS SKILLS

- To develop a positive attitude about school and learning
- To learn how to set goals and priorities
- To be academically successful

CAREER AWARENESS

- To understand and value the world of work
- To understand the correlation between interests, abilities and occupations

COMMUNITY INVOLVEMENT

- To appreciate one's home, school and community and to be a positive contributing member of one's environment

SYSTEM SUPPORT

Students who need or desire more work in developmental guidance, or on other issues, may participate in individual or group counseling sessions with the school counselor.

SOME OF THE MORE COMMON ISSUES TAKEN UP IN COUNSELING INCLUDE:

Building self-esteem, Improving peer relations, Improving communication skills, Making better choices, Becoming a better student, Coping with change, Dealing with stress, Coping with separation and divorce, Dealing with loss, Coping with crisis, Anger Management

RESPONSIVE SERVICES

TEACHER CONSULTATION

In addition to providing direct classroom instruction, the school counselor assists and consults with teachers in areas such as: response to intervention, guidance related activities, group dynamics, behavior management, conflict resolution, crisis intervention, student assistance team efforts, special school-wide activities, and special committees.

PARENT CONSULTATION

The school counselor is available to all parents of our students. Some of the areas in which we may work together are: new student orientation, home school relations, helping students achieve success academically, personally, socially and in a future career, self-esteem building, parenting issues, dealing with crisis, referrals to community agencies.



DEAR PARENTS,

I hope this brochure is a helpful introduction to the School's Counseling Program and its relationship to your student and family. As I work with you and your student, please be assured that I am bound by the Code of Ethics of the American School Counselors' Association. Parent and child's confidentiality is protected to the extent allowed by law and school policy. Helping children meet their fullest potential is a combined effort of school and home.

If I can be of service, please contact me. I look forward to working with you.

School Counselor

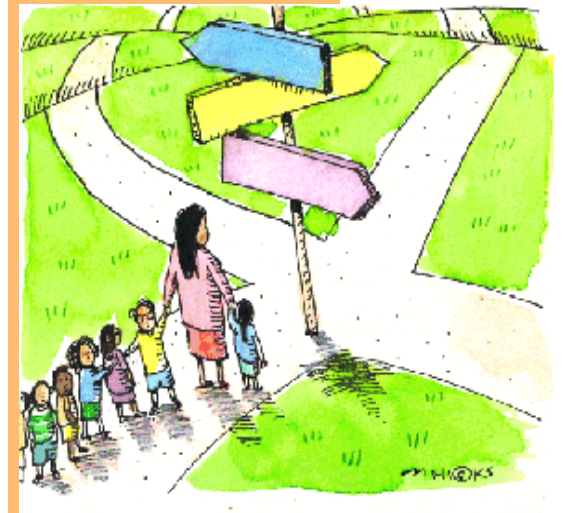
PLEASE NOTE THAT COUNSELING IN THE SCHOOL SETTING MUST BE BRIEF IN NATURE. THE SCHOOL COUNSELOR IS AVAILABLE TO COORDINATE A REFERRAL TO A COMMUNITY AGENCY IF THERAPY IS INDICATED OR DESIRED.



THE SCHOOL COUNSELOR

School Counselors must have earned at least a Master's Degree in School Guidance and Counseling and are certified by the State of Maine. School Counselors receive training in: Program Coordination, Individual Counseling, Group Counseling, Human Development, Human Relationships, Family Dynamics, Social Systems, Consultation, Measurement and Evaluation, Career Development, Data Management, Ethics, and Research Methods

COMPREHENSIVE SCHOOL COUNSELING PROGRAM



*Learning does not happen
in isolation*