

- C**apable of helping children feel special and important
- O**bserves students in many school settings
- U**nderstands social, academic, and developmental needs of students
- N**ever loses sight of a student's unique potential
- S**upports students, teachers, staff and families
- E**nhances one's ability to make good decisions, manage feelings and solve problems
- L**istens with an open mind without criticizing or judging
- O**rganizes classroom guidance discussions and activities
- R**efers to other school staff and community resources when **needed**

MISSION STATEMENT

The Sylvan Union School District believes that a quality guidance and counseling program is an integral part of the total educational program. This allows all students the opportunity to acquire skills in relating to self and others, educational planning, and social/emotional development.



Sylvan Union School District
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ELEMENTARY &
MIDDLE SCHOOL
COUNSELING
PROGRAM

WHY COUNSELING?

In our changing world:

- By age 18, today's young people have faced more decisions than their grandparents faced in a lifetime.
- Several families move each year.
- Everyone faces career decisions.
- Children and families feel a gamut of emotions that they may or may not understand.

There are far greater risks to youth today than in previous generations.

- Young people face critical decisions about identity.
- Young people face increasing violence in our society.
- Social Media is misused.
- Some young people face hopelessness that can lead to self-destructive behavior.



Young adolescents affected by these and other issues are not able to achieve at their full academic potential. The counselor's primary task is to help them become better learners by providing a comprehensive program that includes a guidance curriculum, individual planning, responsive services and system support.

COUNSELING SERVICES

Counselors help students gain the self-knowledge necessary to become independent and responsible decision-makers, as well as promote high academic achievement, good citizenship and a positive school climate in the following ways:

- Academic counseling
- Assistance with transitioning to Middle School
- Classroom presentations
- Conflict management
- Crisis counseling
- Parent/ Guardian education
- Parent/Teacher consultation
- Referral to community agencies
- School-wide prevention activities
- Short-term individual counseling
- Small group counseling

CONFIDENTIALITY

When a student, parent, or staff member discusses a concern with a counselor, the discussed information is considered confidential (within the limits of the law) and will not be released to others, except as authorized by the individual involved.

4 COMPONENTS OF A SCHOOL COUNSELING PROGRAM

Guidance Curriculum / Lessons

- Bullying Prevention
- Feelings 101
- Friendships
- Gossip/Rumors
- Grief/Loss/Divorce
- Middle School Transition
- Respect/Responsibility
- Social Skills
- Stress Relief

Individual Planning

Help students in planning, monitoring, and managing their personal growth and school development. This is to assist with good decision making, self-awareness and goal setting.

Responsive Services

Addresses the immediate concerns and needs of students referred by others or themselves. This is to provide crisis prevention or intervention.

System Support

Coordinate services, assist staff and families, and plan activities for student wellness. This is to aid students both academically and emotionally, to support a successful school career.