

## What is School Counseling?

School counseling is a valuable component of a child's educational experience. School counselors work with all students, not just those in crisis. School counselors help students develop life skills and coping strategies to utilize in everyday living. Throughout the school year Nicole Stoner, ASA School Counselor, will be doing individual counseling, small educational support groups, and some classroom lessons. Students are referred to the school counselor by parents, teachers and other students. Students may also initiate the request themselves. Students are allowed to visit the school counselor two times without a signed permission slip. Some common topics that are addressed are friendship/social skills, changing family, grief and loss, study skills, self-esteem, anger, stress management and bullying. I encourage students to goal set, problem solve and strive for solutions. I always encourage students to talk to their parents. I utilize games, books, role plays, puppets, problem solving strategies, discussion and various activities/lessons to introduce and reinforce skills.

## Internet Resources

The following are helpful websites for parents that provide a variety of information regarding common topics our young people face. Including; friendships, study skills, learning styles, mental health issues and parenting strategies to name a few.

**All Kinds of Minds** -This website provides information to help your child become a successful learner. There is a variety of "Parent Tip Sheets" available on common topics including attention, math, reading and writing. [www.allkindsofminds.org](http://www.allkindsofminds.org)

**American Academy of Pediatrics**- This website includes a parent corner with current topics/issues. [www.aap.org](http://www.aap.org)

**American Psychological Association**- Various articles ranging from anger, anxiety, emotional health and stress to name a few. This site also includes recommendations for books and videos. [www.apa.org](http://www.apa.org)

**Learning Network**- This includes age/grade specific help in the academic and social areas. You will also find skill builders/activities/printables in reading, math, science and others. [www.familyeducation.com](http://www.familyeducation.com)

**Love and Logic Institute**- You will find video clips and articles on parenting strategies. [www.loveandlogic.com](http://www.loveandlogic.com)

**Kids Health**- This includes links for parents, kids and teens on a variety of issues. [www.kidshealth.org](http://www.kidshealth.org)