



# COUNSELOR'S CORNER

Seattle Hill Elementary

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## COUNSELOR SURVEY

**SSD Mission Statement**  
The Snohomish School District, in its commitment to excellence, places the success of each student at the center of all decisions and actions. Partnerships and strong academic programs ensure competent, responsible, lifelong learners.

## Welcome to the 2019-2020 school year, Mountaineer families!

### Resources for parents:

- [Parent Tool Kit](#)
- [Kelso's Choices](#)
- [Second Step](#)
- [College & Career](#)



### What I Do:

- **Classroom Lessons:** Implement data-based preventative curriculum to foster students' academic, career, and personal/social development. Topics include problem solving, emotion management, bullying prevention, personal safety, college/career guidance.
- **Individual Counseling:** Short term, one-on-one with students who self-refer or are referred by a teacher, parent, or administrator.
- **Small Group Counseling:** Based on the current needs of the students, the counselor will conduct small group sessions including friendship skills, anger management, changing families, personal loss, executive and study skills, leadership.

### Goals of SHE Counseling Program:

- **Social/Emotional:** To aid students in their development of positive interpersonal, coping, problem-solving, and decision-making skills.
- **Academic:** To assist students in understanding themselves as learners and develop skills to reach their full potential & to identify factors that impact learning and provide appropriate support.
- **Career:** To help students begin their journey in exploring the world post K-12, including college or work or service.

### 5 Ways to Help Your Child Build Self-Confidence:

1. **Help them to learn to handle feelings.** Feeling angry, sad, hurt, frustrated, and stressed out are all natural, but not letting them overwhelm is the key. Physical activity, talking, breathing, and journaling are strategies for coping.
2. **Help them to know that they are responsible for their behavior.** Others may try to influence with words, pressure them, or put them down, but stopping, taking a deep breath, and realizing that they have a **choice** to do what is right helps with their security and confidence.
3. **Help them to become a decision maker.** Give them the opportunity to make some decisions in their life, with advice from trusted people. List pros and cons when making decisions, mistakes are normal!
4. **Help them to focus on their life, not other people's lives.** It is easy to compare ourselves to other people. Help them to focus on their life and family support.
5. **Help them to be their own cheering section.** How you talk to yourself plays a big part in how you see yourself. Help them practice focusing on what is going well, instead of what is not going well. Small Steps...

### About the SHE Counseling Program:

At Seattle Hill, we provide a proactive, comprehensive guidance and counseling program that supports all students and families. Our goal is to create a safe and encouraging learning environment for all students.

