



What your student shares with me is
confidential unless:

1. Your student or another child is in danger/or unsafe.
2. Your student wants to hurt themselves or someone else.



Contact information:

Mrs. Chambers

Telephone:

(805) 482-4608

Email:

echambers

@pleasantvalleysd.org



The Roles of the School Counselor

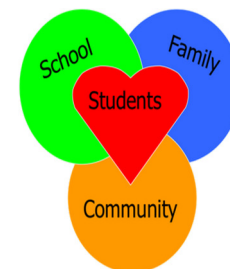
School Counselor: Mrs. Chambers

~University Preparation Charter

Schools~ Elementary/Middle Sites



School counselor's time is spent in direct services to students, teaching specific skills and creating learning opportunities in a proactive manner. School counselors will collaborate with the full education team, advocate to improve student learning, and lead efforts for positive systemic change. So, what does that look like?



Services Provided

One on One Counseling

School Counselors serve as listeners and mentors to students and their families in times of need. Referrals can be done by the teacher, parent, and/or by the student .



Small Group Counseling



The School counselor facilitates small groups for students who share a common issue that has recently occurred in their lives, such as divorce , grief, family changes or are in need of some skill building ; social skills, friendship, anger management, self confidence.

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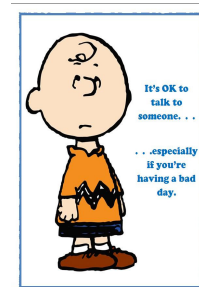
Crisis Counseling

Assist students and their families during times where critical issues occur unexpectedly, such as death, illness, and or any life changing event that may impact both student and family.



Goals & beliefs of your School Counselor

- Help students work toward their personal, social and academic goals
- Foster a school environment of safety, support , and positive learning.
- Provide a caring environment for students to seek support as needed.
- Every student has the right to be respected and to benefit from counseling services.



Please note while school counselors provide support and guidance, they do not provide “therapy”. Referrals for outside counseling services are available for children experiencing issues such as, grief, divorce, family or mental health concerns.

Students, I can help you with:

- Setting goals
- Working well with others
- Feeling good about yourself
- Managing your feelings
- Coping with stress
- Learning how to make good decisions
- Working out friendship problems



Parents, I can help you with:

- Exploring ways to help your child succeed
- Assist with referrals to outside community agencies with regards to counseling.
- Supplying information on a variety of subjects.

