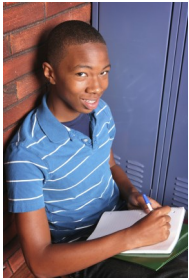


## What School Counselors Teach

### ACADEMIC DEVELOPMENT



- ◆ Effecting learning in school & across the lifespan
- ◆ Academic preparation for post-secondary options
- ◆ Relationship of academics, work, family & community life.

### CAREER DEVELOPMENT

- ◆ Investigate the world of work to make informed decisions.
- ◆ Strategies to achieve future career goals.
- ◆ Relationships of personal qualities, educa-

### SOCIAL & EMOTIONAL DEVELOPMENT



- ◆ Interpersonal skills to respect self & others
- ◆ Decision making, setting goals & taking action to achieve goals
- ◆ Understanding everyday safety & survival skills.

## Information for Parents

### Pendergast Family Resource Center

623-772-2339

### Pendergast Family Health Center

602-344-2520

### Child Abuse Hotline

(888)SOS-CHILD

### Westside Food Bank

(623) 930-3720

### West Valley Advocacy Center

(623) 930-3720

### AHCCCS

1-800-352-9935

### Birth to Five Helpline

1-877-705-KIDS

### Substance Abuse Information

[www.notmykid.org](http://www.notmykid.org)

[www.parenting.org](http://www.parenting.org)

### Teen Lifeline

602-248-8336

### Boys Town Nat'l Hotline

(800) 448-3000

[www.boystown.org](http://www.boystown.org)



# Sunset Ridge

## School Counseling



### Counseling Mission Statement

Counselors, in partnership with school educators, families and community support students by providing a comprehensive and developmental program including education, intervention and consultation. We are dedicated to the academic, career and personal/social development for all students.

## Mindy Willard

[mwillard@pesd92.org](mailto:mwillard@pesd92.org)

[mwillardcounselor.weebly.com](http://mwillardcounselor.weebly.com)

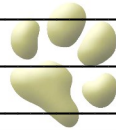
623-772-2730

## Request for Counseling

Child's Name \_\_\_\_\_

Teacher \_\_\_\_\_

Briefly describe your concerns for your child



⇒ Please sign below to give the counselor permission to meet with your child.

## Permission for Group Counseling

Your child was referred to participate in small group counseling this year. The topic for this group is \_\_\_\_\_.

Groups meet once a week for 30-45 minutes with Mrs. Willard, our school counselor. This is a great way for your son/daughter to learn new skills and practice new behaviors.

⇒ Please sign below to give your child permission to participate in a small group or individual counseling.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Phone Number

\_\_\_\_\_  
Parent Email Address

## What do Professional School Counselors do in the schools?

### WHAT IS A SCHOOL COUNSELOR?

*"Comprehensive developmental school counseling programs provide education, prevention and intervention services, which are integrated into all aspects of children's lives. Early identification and prevention of children's academic and personal/social needs is essential in removing barriers to learning and in promoting academic achievement. School counselors align with the school's mission to support the academic achievement of all students as they prepare for the ever-changing world of the 21st century."*

~American School Counseling Association

### COUNSELING LESSONS

*Counselors teach classroom lessons designed for achievement of knowledge & skills in career, academic, personal & social development.*

Standards-Based Lessons on

- ◆ Goal Setting
- ◆ Social Responsibility
- ◆ Decision Making
- ◆ Social Skills
- ◆ Substance Abuse Prevention
- ◆ Violence Prevention
- ◆ Career Awareness



### RESPONSIVE SERVICES

*Counselors work with students and families to help them deal with issues that may be interfering with their academic success. If you need your child to see the counselor, please fill out the Request for Counseling Page.*

- ◆ Conflict Resolution
- ◆ Family Referrals
- ◆ Academic Concerns
- ◆ Crisis Response

### COUNSELING GROUPS

*A service available to all students. Groups are led by the counselor and include four to ten students who share similar concerns or issues. This is a great way for students to learn new skills, practice new behaviors and better understand how to deal with life's problems. Groups meet weekly for 6-9 weeks during the school day.*

Possible groups offered at school:

- ◆ Grief & Loss
- ◆ Family Changes
- ◆ Social Skills
- ◆ Study Skills
- ◆ Anger Control