

# PS 214Q Counselor's Corner

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Welcome Parents, Families and Students!

**Contact Information:**

**Lisa Glickman, School Counselor**

**718-461-4055 ext. 114**

- Monday – Thursday 8:00 am – 2:58 pm
- Friday - 8:00- 2:20 pm



# WHAT IS THE ELEMENTARY SCHOOL COUNSELING PROGRAM?

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The elementary school counseling program is part of the total school program and complements learning in the classroom. It is child-centered, preventive and developmental. The program encourages students' social, emotional and personal growth at each stage of their development. The purpose of counseling with students, parents and teachers is to help students maximize their potential. The elementary school counselor also conducts guidance lessons and consults with parents, teachers and other professionals. It also coordinates student services in the school. This counseling program provides elementary students with assistance in:

- Understanding self and developing a positive self-image
- Showing respect for the feelings of others
- Understanding the decision-making process
- Maintaining effective relationships with peers and adults
- Developing effective study skills
- Being prepared to make the transition to the intermediate school
- Gaining an understanding of the world of work

# HOW DOES THE ELEMENTARY SCHOOL GUIDANCE COUNSELOR WORK?

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Counseling is conducted with students individually and in small groups when requested and determined appropriate. It is short-term, voluntary, and confidential. Parental permission is obtained prior to any extended individual or group counseling. Students are seen by the counselor when:

- Parents request and indicate a need and desire that the counselor meet with their children
- Students request counseling
- Teachers, administrators, or other school staff refers the student

Parents are informed of counseling groups for children and adults. Groups counseling sessions for children focus on building self-esteem, learning how to make or keep friends, developing good study habits, improving communication skills, preparing for the intermediate school, and coping with changing family situations. Topics for parent groups include child-rearing concerns, child development, and methods parents may use to help children experience healthy development and success in school.

## WHAT ARE BENEFITS FOR STUDENTS?

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The elementary school counselor works directly with students in individual and group counseling sessions as well as in classroom guidance lessons so students may:

- Be successful in school
- Establish effective study skills
- Adjust to a new school
- Develop positive feelings about work, family, and society
- Build positive feelings towards self and others
- Develop skills in interacting and communicating with others
- Cope with change in themselves and their surroundings
- Identify and accept their own and others' strengths and weaknesses
- Recognize the causes and effects of their actions
- Become responsible for their behavior
- Receive crisis intervention when necessary

The guidance counselor helps students become motivated learners and encourages them to discuss concerns with their parents. When students work through their social and emotional issues, with the help of their parents and the counselor, they are able to devote attention and energy to the intellectual tasks at school.

## WHAT ARE THE BENEFITS FOR PARENTS?

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The elementary school guidance counselor works with parents through individual consultation, joint consultation with the children's teachers, and parent discussion groups. In these ways the counselor assists parents to:

- Understand their children's progress in school.
- Select strategies to motivate their children.
- Develop realistic goals with their children.
- Become actively involved in their children's school life.
- Understand the educational program K-12.

The counselor may lead parent education and discussion groups and serve as a resource when parents study or discuss child-related issues. The counselor consults with parents to identify students with special abilities and/or needs. In this capacity the counselor helps parents understand the services available from other school staff such as the school psychologist, social worker, and resource teachers. The counselor helps parents find other professionals within the school system or within the larger community when extra support is needed.