



What Do School Counselors Do? Help You!!

School Counselors can help you with

SCHOOL:

- By identifying your strongest talents and interests and how to further develop them.
- By finding the source of problems you're having with school work, and coming up with solutions to help you stay on task in class.
- By working one-on-one, if needed, to help you reach your academic goals for your future.

RELATIONSHIPS:

- By listening to your thoughts and allowing you to express your feelings in a confidential setting regarding difficulties with friends, parents, or teachers.
- By guiding you to make decisions when you don't know what to do.
- By meeting with your teacher or parents when you are having problems in your relationships.

LIFE:

- By figuring out how to bounce back when you're just not happy.
- By learning to organize your time so you can manage class assignments, prepare for tests, and participate in extracurricular activities.
- By learning how to adapt to changes (good and bad) that sometimes come along in life.

YOUR FUTURE:

- By helping you identify your interests for the future.
- By learning more about careers and how to get there.
- By assisting in planning for middle school and providing career pathway options.

CONFIDENTIALITY:

Please know that the information that you share with your school counselor will remain confidential. This means that we will not share what you tell us, unless:

- You are or are planning to hurt yourself or someone else
- Someone is hurting you