



## **Meet Your Counselor!**

Hi there! My name is Ms. Jackson and I am so excited to be the counselor at Brenda Cowan Elementary!



### **What is a school counselor?**

- Someone you can turn to for help, guidance, and advice
- Someone who helps students become their best personally, socially, academically, and behaviorally
- Someone who works with students individually, as a small group, or as a class
- Someone who helps teachers and guardians better understand children and their development

### **What does a school counselor do?**

- Talks with students individually, in groups, and in the classroom
- Gives guidance lessons to classrooms on a variety of topics (diversity, bullying, building friendships, careers, fairness, self-esteem, tattling vs. reporting, test anxiety, goal-setting, self-control, safety tips, study skills, listening skills, learning styles, empathy, and more!)
- Gains understanding through observation and participation in the classroom
- Helps in identifying the needs of children
- Helps students relate to others
- Promotes positive attitudes and values among students
- Aids teachers and parents in helping children
- Helps families to make better use of community resources
- Consults with other school specialists
- Coordinates referrals to outside agencies in Lexington
- Helps with school, college, job, career, and personal plans
- Participates in curriculum development
- Organizes and leads tests such as KPREP

### **How does a student see the counselor? – ANYHOW!**

- Appointment made by the counselor
- Self-referral, or just by dropping in!
- Parent referral
- Administrative referral
- Teacher and other staff referral
- Referral by a friend

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## **Welcome to the School Counselor's Corner**



**Please feel free to explore my BCE Guidance Program link!**

**<https://www.fcps.net/Page/14101>**

There you will find our Guidance Calendar with our Monthly Character Traits/Learning Goals, Parent Resources, Clubs, and more!