

What does a school counselor DO?

I work alongside teachers and parents to help students develop socially and emotionally, and to help remove any barriers they have to learning!

I provide:

- Classroom lessons teaching social skills, how to handle emotions, study skills, and positive peer relationships.
- Small group counseling
- Short-term individual counseling
- Consultation with parents and teachers
- Community resource referrals (including longer term therapy services)
- School wide programming



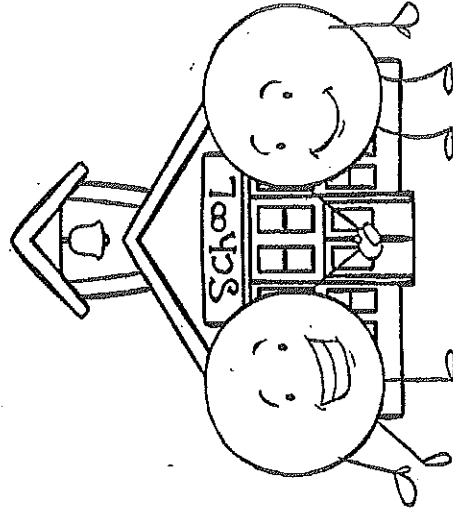
Contact Me!

Mrs. Kelsey Schmidt
Phone: 609-978-5700 x1445
kschmidt@staffordschools.org

Primary Learning Center

SCHOOL COUNSELING

Mrs. Kelsey Schmidt



Counsel. Educate. Advocate. Empower.

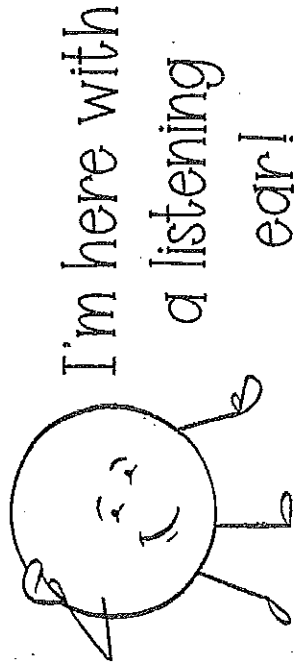
I am excited
and honored to
serve you and
your child!



****Confidentiality and your family's privacy are important to me. What you or your child discuss with a counselor is private except in cases required by law (when abuse or neglect are suspected).****

How can I support parents?

- Helping to handle social or emotional concerns you have about your child
- Improving parent-child communication
- Family difficulties or concerns that affect your child at school
- Referrals for community resources
- Understanding the developmental changes of childhood
- Helping your child to be on time to school every day
- Discussing concerns about your child's academic achievement

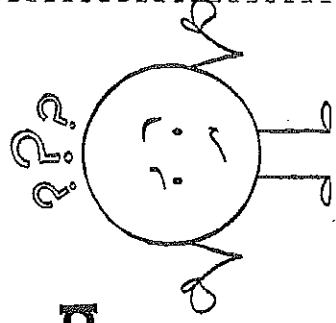


What types of things do I talk with students about in class lessons and in counseling?

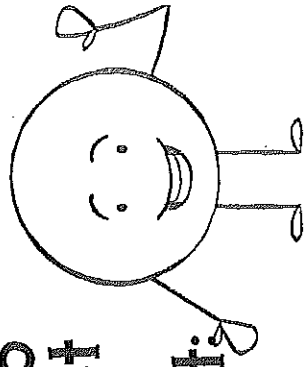
- Making and keeping friends
- Setting goals
- Teamwork
- Positive self-esteem
- Making good choices
- Being responsible
- Managing strong feelings
- Conflict resolution
- Mindfulness

How does a student see a school counselor?

- Self-referral
- Parent referral
- Administrative, teacher, or other staff referral
- Referral by friend(s)



When to contact Mrs. Schmidt:



- A major life change occurs for your child
Ex: New baby, death/illness of a loved one, separation/divorce, move to a new home, deployment
- You have academic, social, or emotional concerns about your child
- To inform the school about outside support your child may be receiving.

