

Counseling Techniques

Techniques used in classroom, individual, and group counseling include:

- ❖ Role-playing
- ❖ Hands-on Activities
- ❖ Stories/Books
- ❖ Counseling Games
- ❖ Skill Building
- ❖ Goal Setting
- ❖ Student Contracts
- ❖ Worksheets
- ❖ Art Media
- ❖ Discussions
- ❖ Puppetry
- ❖ Videos, Music
- ❖ Journaling

Check out helpful materials from Guidance Offices in each school

Or, visit the specific school's website located at the CCPS website address

www.chesterfield.k12.va.us for each elementary school.

"EDUCATION IS NOT THE FILLING OF A PAIL, BUT THE LIGHTING OF A FIRE."

-William Butler Yeats



Elementary

School Counseling

Programs in

**Chesterfield
County Public
Schools**



WHAT DOES A SCHOOL COUNSELOR DO?

The primary role of a school counselor is to help students learn and develop to their highest potential, socially, emotionally, and academically. Because there are so many situations that interfere with a child's learning process, we are here to help students work through those issues. We provide students with early interventions as well as preventative strategies so that ALL students benefit.

GROUP COUNSELING

Small group counseling is available to ALL students in need, and may be requested by parents, students, or school staff. Parental permission is required. Groups are designed so that students may gather together in a confidential setting to work through an issue that is preventing them from doing their best in school. They have the opportunity to interact and connect with peers, practice new skills, provide and receive feedback, and set goals as needed.

Group topics may include:

- Friendship
- Anger Management
- Changing Families/Divorce
- Self-Esteem
- Grief/Loss
- New Students
- Anxiety / Stress

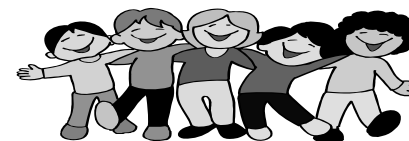
INDIVIDUAL COUNSELING

Individual counseling is available to ALL students in need, at the request of the student, parent, or staff member. While students may see us at any time for brief discussions, parental permission is required prior to a series of planned sessions. Students are able to express concerns in a safe environment, where problem solving can then take place.

CLASSROOM GUIDANCE

We will teach lessons in the classroom throughout the year. Our goal is to address developmental issues common to ALL elementary school-aged students. Our lesson plans have been designed based off of Virginia's Standards for School Counseling Programs. Topics will include character education, bullying, study skills, understanding self and others, team-building, goal setting, and internet safety. Letters will be sent home after each lesson, in hopes that parents

will extend these discussion topics at home.



OTHER SERVICES OFFERED...

***Assessment Resources–**

Information on Gifted and SOL Testing.

***Character Education–**

a school-wide program to teach, promote, and recognize good character traits among students and to emphasize the CCPS Core Values. Bullying awareness and education also addressed.

***Child Abuse/Substance Abuse Prevention**

***Consultation/Collaboration with teachers**

***Parenting Skills –**

meetings/referrals available upon request, as well as education classes offered throughout the year.

Peer Helpers

Students helping students and service projects throughout the year