

COUNSELOR CONNECTION

2021 - 2022

Welcome back, SJRCS parents and guardians! My name is Carley Weber and this is my second year as the school counselor at SJRCS. I am looking forward to another great school year with our students...in-person! In this newsletter, you will find a description of some of the services I provide to our students at SJRCS. You can find my contact information at the bottom of this letter if you wish to reach out!

MONTHLY CLASSROOM SOCIAL-EMOTIONAL LEARNING (SEL) LESSONS

I provide monthly SEL lessons to all students Pre-K through 8th grade. These research-based and data-driven lessons focus on social-emotional development and resilience. This year, we will be focusing on character education. The topics for my monthly lessons are as follows:

September: Meet the Counselor

October: Empathy

November: Gratitude

December: Personal Safety

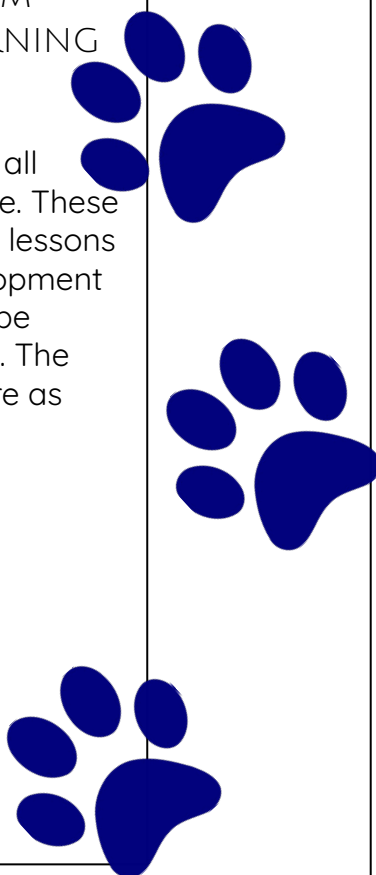
January: Determination

February: Diversity

March: Responsibility

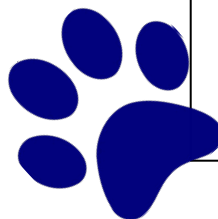
April: Cooperation

May: Self-Esteem



INDIVIDUAL COUNSELING

Students may receive individual counseling based on the nature of their needs and their success level in a group setting. It is a more private option for those students who are reluctant to share, or wish to share privately. Students have the option to self-refer, or can be referred for individual counseling by the principal, teacher, parent/guardian, outside counselors, or myself.



SMALL GROUP COUNSELING

I provide small group counseling to focus on the more specific needs of our students. Students will have an opportunity to interact with their peers while they are reassured that others have similar challenges. Groups are organized based on a specific area of focus and vary in size from 4-6 students. Students have the option to sign up for small groups, or can be referred to participate in small groups by the principal, teacher, parent/guardian, outside counselors, or myself. Small groups typically meet for 30 minutes once a week, and run for 6-8 weeks.

I will lead multiple small groups 3 times a year: Fall, Winter, and Spring. Topics for small groups include but are not limited to:

- Social Skills
- New Students
- Friendships
- Stress Management
- High School Success
- Grief and Loss
- Self-Esteem

CONTACT MS. WEBER

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