

# School Counseling

## *Menu of Services*

During the school year, I offer a variety of topics to meet the need of students in the three counseling domains: Academic, Personal/Social, and Career Awareness.

### *Academic Development:*

- Stress Busters (Test Anxiety)
- Making the Grade (Study Skills)
- Follow the Leader (Following Directions/Listening)
- Spring Cleaning (Organization)

### *Personal/Social Development:*

- Super School (Positive School Behaviors)
- Friendship Fiesta (Making and Keeping Friends)
- Extreme Self-Esteem (Self-Esteem)
- Sticks and Stones (Bullying)
- Superhero Success (Managing Life's Challenges at School)
- Be the Change (Bullying/Friendship)
- Smooth Moves (Managing Changes—i.e. friends, family, school)
- I'm in Character (Character Traits—kindness, respect, thankful, honesty, etc.)
- Volcano Eruption (Anger Management/Conflict Resolution)

### *Career Awareness:*

- Road to Success (Career Preparation / Discussion of Individual Strengths)
- What's Out There??? (Variety of Careers)
- Life after School (College Awareness)

\*Teachers can also request lessons outside the "theme" depending on needs of the classroom.

# Themes for the Year

September: Study Skills

October: Bullying/Drug Awareness

November: Friendship Skills

December: Self Esteem

January: Bucket Filling and Kindness

February: Anger Management

March: College/Career Awareness

April: Test Anxiety/Test Prep

May: Personal Safety



