



School Counseling Services



Welcome to the School Counseling webpage. My name is Jennie Noah, the School Counselor at Spring Garden Elementary School. This page will provide you with a brief overview of the types of counseling and guidance services offered by Carroll County Public Schools. These services may be divided into several categories which are described below:

Full School Programs involve the entire school and may focus on themes such as career awareness, interpersonal behavior and school spirit. This year our full school program will support our character education program which promotes respect, responsibility, honesty and effort. We will also hold a Career Day in the spring.

Classroom Guidance is aimed at preventing potential problems by teaching children in the classroom setting. Topics may include character education, stress management, organization skills, friendship skills, conflict resolution, anger management, cooperation, decision making, and transitioning to the next grade and to middle school.

Small Group Counseling addresses the specific needs of children who share common concerns. Groups may meet weekly for approximately 6-8 sessions to discuss issues including divorce, grief, self-esteem, anger, and stress management.

Individual Counseling is an opportunity for students to meet with the counselor in a more confidential setting. Topics discussed during these sessions might include family changes which are impacting a child's school performance, peer issues, grief issues, school adjustment, fears, and self-esteem. Such sessions may be initiated at the request of students, parents, and staff. Students in grades 2-5 may request an appointment using our self-referral procedure. Counseling may be provided on a crisis intervention or short term basis. Individual counseling at the school level differs from therapy. If parents are interested in referrals to community agencies and/or private therapists, they may contact me for information.

Parent Education refers to information provided to parents on topics such as enhancing self-esteem, encouraging communication and behavior management. We have also developed a lending library of parent resources through the guidance office. Topics include discipline, character development, and helping children cope with divorce and grief. We offer a variety of books, pamphlets, and videos. Please call if you would like to borrow any materials

Consultation is an exchanging of information whereby the school counselor speaks with parents, staff, and/or other professionals to discuss the needs of a student and develop strategies to address those needs.

Resources used to help students include:

- ~ Art materials
- ~ Therapeutic games
- ~ Role plays
- ~ Play media- such as toys, puppets, doll house, puzzles
- ~ Bibliocounseling (books)
- ~ Videos

Resources for parents:

<http://www.common sense media.org/internet-safety>

<http://www.connectwithkids.com>

To learn more about the role of the School Counselor, please click on the CCPS link:

<http://www.carrollk12.org/instruction/student services/counselor/role/default.asp>

Please do not hesitate to call if I can be of assistance to your child at any point throughout the school year.