

Susan Buck, M.Ed.

Director of Guidance
Gr. 5-8 Counselor
M-F: 8:15 – 3:30
Ext 147

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**Barbara Sofield, M.S.
Ed.**

Gr. 1-4 Counselor
T, W & Th 8:15 – 3:30
Ext. 149

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Heidi Milardo, M.Ed.

Middle School
Guidance/Health Teacher
M-F: 9:00 – 1:30
Ext. 414

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**Michele Lessmann,
Secretary**

Ext. 146

**Counselors Work in
Many Settings,
including:**

The Classroom

Counselors may teach students about:

- Personal Safety
- Communication Skills
- Values
- Problem solving
- Decision making
- Stress management
- Alcohol, tobacco & drug awareness

Small Groups

Students with similar concerns can explore their problems together. Students may need to talk about:

- Their struggles with school
- Divorce in the family
- Difficulties with peers
- The death of a friend or family member

One on One

Some students feel more comfortable talking about personal problems on an individual basis.

About Your
School
Guidance Counselor



Chester Academy

887-3621

Assisting Students to

LEARN

WORK

LIVE

In the 21st Century

What is a School Counselor?

- *A New Hampshire certified, specially educated, caring person*
- *A school person who provides guidance and counseling to ALL students*
- *A resource person*
- *A coordinator*
- *A consultant*
- *A group facilitator*
- *An educator*
- *A professional*

What Does a School Counselor Do?

- *Works with individuals and groups*
- *Helps identify needs of students*
- *Encourages better inter-personal relationships*
- *Promotes positive attitudes and choices*
- *Aides teachers and parents in helping students*
- *Assists people in making better use of community resources*
- *Coordinates efforts with other school specialists*
- *Coordinates referrals to outside agencies*
- *Facilitates discussion groups*
- *Participates in curriculum development*
- *Lends support to school, career, and personal plans*
- *Maintains confidences*
- *Provides "preventative" counseling*
- *Introduces college information*
- *Assists with in-service for faculty*
- *Sponsors community outreach programs*

What is the Purpose of Individual Counseling, Group Meetings, and Classroom Guidance?

- To help students develop self understanding and self-awareness
- To encourage students to recognize and make the best use of their capabilities
- To provide opportunities for students to feel successful
- To give students an opportunity to talk about educational and personal-social concerns
- To encourage students to recognize, understand and work through learning difficulties
- To help students better adjust to school and home environments
- To develop students' awareness of the world of work
- To teach students the decision-making/problem solving process
- To assist students in personal goal setting
- To help students think about high school and post secondary options

How Does the Student See the Counselor?

- Self-Referral
- Teacher Referral
- Parent Referral
- Administrative Referral
- Referral by a Friend



Counselors Help Students

Counselors are there to help students:

- **Sort out problems** – Sometimes just talking to someone helps make things clearer
- **Discuss Feelings and Needs** – This helps ensure that students' decisions are based on their values (what they believe in).
- **Explore Options** – Every problem has more than one solution.
- **Reach Decisions** – Students can learn skills for making future decisions on their own!

