



School Counseling Program

Mission:

The mission of the school counseling program at College Gardens Elementary School is to facilitate growth and development of ALL students in the area of school success, career development, and personal and social development.

The Elementary School Counselor...

- Provides individual and small group counseling
- Conducts classroom guidance lessons
- Coordinates school-wide guidance activities
- Assist parents and teachers in helping children
- Consult with outside agencies.

What's Individual Counseling?

Individual counseling is when the counselor meets with a student on a one-to-one basis in an environment where they can build mutual trust, respect, and caring. The main purpose is to help students explore their own concerns and feeling and to make an appropriate plan of action.

What's Group Counseling?

Group counseling is when a small group of peers meet with the counselor to discuss related issues in an environment where they can openly and safely share their feeling, thoughts and experiences.

Examples of groups:

- Friendships
- Changing Families
- ADHD Strategies
- Social Skills
- Organization Skills
- Grief and Loss

What is Classroom Guidance?

Classroom guidance is when the counselor goes into the classroom to teach lessons that help children understand others, improve communication skills, and learn to cooperate and solve problems together.

Examples of classroom lessons:

- Conflict Resolution
- Career Awareness
- Discovering Learning Styles
- MCPS Personal Body Safety
- IB Attitude Enrichment in the units of Inquiry

The School Counselor is NOT....

- A Disciplinarian
- An Administrator
- A Social Worker
- A Psychologist

Get to Know the School Counselor!

If you have any questions or concerns please feel free to contact me at

stephanie_m_labeda@mcpsmd.org

301-279-8470