
The Role of School Counselors

Presented by: Moira Fleche & Lauren Griffin



Who are we?

South Lakes High School School Counseling Department 2018 - 2019

<u>Counselor</u>			<u>Sub School</u>	<u>Phone Number</u>	<u>Email Address</u>
A – Bog	9 th -12 th	Heather Scott	11 th Grade (Rm 440)	703-715-4652	hscott@fcps.edu
Boh – Del	9 th -12 th	Bill Campbell	12 th Grade (Rm 455)	703-715-4562	whcampbell@fcps.edu
Dem – Gil	9 th -12 th	Dana Westfall	9 th Grade (Rm 255)	703-715-4581	dmwestfall@fcps.edu
Gim – Jen	9 th -12 th	Lauren Griffin	11 th Grade (Room 240)	703-715-4582	lvgriffin@fcps.edu
Jeo – Mad	9 th -12 th	Shannon Mayrose	9 th Grade (Rm 455)	703-715-4750	slmayrose@fcps.edu
Mae – Oba	9 th -12 th	Patricia Alfaro	12 th Grade (Rm 455)	703-715-4762	spalfaro@fcps.edu
Obb – Rol	9 th -12 th	Madiha Jamil	11 th Grade (Rm 440)	703-715-4558	mjamil@fcps.edu
Rom – Tay	9 th -12 th	Karyn Mrowka	10 th Grade (Rm 240)	703-715-4563	kamrowka@fcps.edu
Taz – Z	9 th -12 th	Moira Fleche	Rm 449	703-715-4571	mefleche@fcps.edu
ESOL Support	All Grades	Betis Sorto-Sanchez	Parent Liaison (Rm. 331)	703-715-4648	bsortosanche@fcps.edu

Director of Student Services: Heather Thomas

Divided by alphabet which we like for the continuity of getting to know students and families throughout their four years at South Lakes. Each counselor has an average of 275 students on their caseload--we work hard to respond quickly to emails and phone calls, however there are times where we are more "popular" than others (i.e. end of the quarter).

TRUE OR FALSE?

School Counselors write about 30 letters of recommendation per year.

FALSE

School Counselors are responsible for assigning discipline consequences.

FALSE

Letters of rec: FALSE-average is more like 45-50 letters per year

Discipline: FALSE-this is a job for administrators. However, counselors do support students going through discipline consequences.

TRUE OR FALSE?

There is one set of graduation requirements for all students in Virginia.

FALSE

You have to have a Master's Degree to be a School Counselor.

TRUE

Graduation reqs: FALSE-There are two diploma types in VA: Standard and Advanced
Masters degree: TRUE-All programs require a practicum and internship experience along with extensive master's level coursework.

TRUE OR FALSE?

School Counselors work with students on academic, career, and personal/social goals.

TRUE

School Counselors provide intensive, long-term therapy.

FALSE

Goals: TRUE--our job is no longer just vocational guidance--we are here to support students in a broad range of areas and are also great referral sources to connect students and families with information and resources they may need.

Therapy: FALSE--Counselors can check in with students periodically but do not do therapy at school. We can help connect families with outside therapy/support and can collaborate with existing outside care providers.

Our Evolving Role



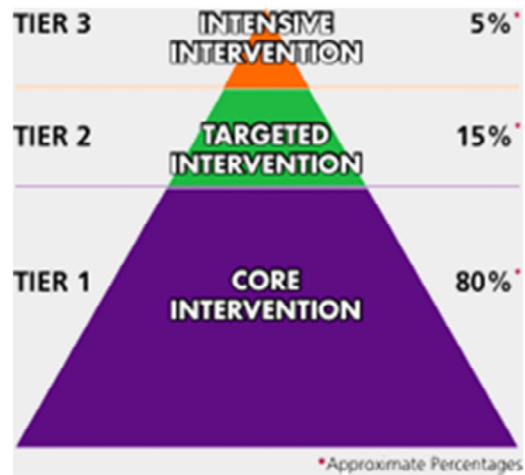
Long gone are the days where School Counselors solely met with students to plan for vocational guidance/entry into the workforce. Nowadays, professional school counselors are responsible for a variety of roles within the academic, college/career, and personal/social spheres. If you want to impress a School Counselor, use this term rather than guidance (give example of gym teacher vs. PE teacher)







Tiered Interventions of Support



Core: School-wide initiatives

Tiered Interventions at SLHS



Tier 1: All students

Examples: Emotional Intelligence lessons, Mental Wellness Screenings with 10th and 12th grade students, SOAR

Tier 2: Groups of students

Examples: Substance Abuse Prevention Counselor, Grief group, Academic Skills

Tier 3: Intensive Interventions

Examples: Crisis intervention, Referral to outside providers

Looking Ahead...

- Jan. 11th: **Returning Alumni College Panel** for **Students** Friday 1/11 during SS7&8
- January-February: Academic Advising with Rising 9th through 12th
- Feb. 4-8: National School Counseling Week
- Feb. 28 & Mar. 6th: Counselor Mini-Conferences
- 3rd Quarter: 10th Grade Career Lessons
- 4th Quarter: 11th Grade Career Lessons
- SOS with Seniors

Please refer to Career Center News emails from Jennifer Campbell for career/college information, events and opportunities!

Any Questions?

