

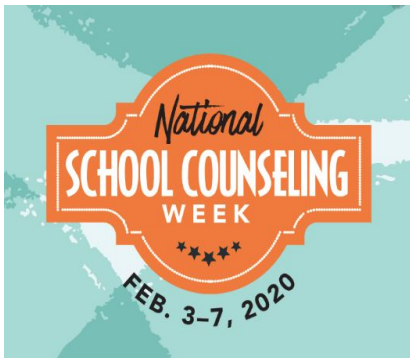
# Counselor Connection



Parenting Tips  
for Today

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*February is the month we celebrate our School Counselors and Social Workers!*



Did you see Park City School District's social media pictures of our district's awesome school counselors and social workers? And check out the [Park Record Editorial: Recognition for Counselors' Important Job.](#)

We have an incredible team of counselors and social workers in our district. They are masters level, certified, and licensed educators who implement the Utah State Board of Education's College and Career Readiness School Counseling Program Model.

## What role do counselors and social workers play at your student's school?

Counselors and social workers are vital members of your student's education team and help them apply academic achievement strategies, manage emotions, develop effective interpersonal skills, transition through grades, and plan for post secondary options. From kindergarten to 12th grade they are committed to improving student success at every level and are key contributors to outreach and advocacy that promote educational equity and success for all students. Counselors and social workers are uniquely qualified to address students' needs and trained to address your child's academic, career, and social emotional development, all within the highest standard of legal, moral, and ethical conduct. Counselors also serve a key role in helping students recover from traumatic events and are an integral part of the school and district's Safety Team.



### More specifically, they...

- Collaborate with students, families, and colleagues in parent-teacher conferences to facilitate student growth and success
- Collect and analyze data to meet the needs of all students and ensure program improvement
- Guide individuals and groups of students and their parents through College & Career Readiness (CCR) educational planning, including CTE (Career and Technical Education) pathways
- Deliver age-appropriate and sequenced classroom instruction, based on results of school needs assessment and Utah State Board of Education requirements, and offer small group and individualized supports
- Manage whole school activities and programs that maintain and enhance a positive school culture and student wellness



The **development areas** counselors focus on are designed to help students achieve specific competencies at all levels.

For example:

#### **Academic & Learning Development**

Ability to relate school to life experiences  
(Answers “Why am I here?”)

#### **Life and Career**

Ability to set goals and make life/career plans  
(Answers “What am I good at or do I enjoy, and what will my future be?”)

#### **Multicultural and Global Citizenship**

Ability to demonstrate a deep regard for self and others (Answers “How can I get along with others and understand different perspectives?”)

#### **Social and Emotional**

Ability to acquire self-knowledge and skills for emotional self care. (Answers “Who am I and how can I take care of myself?”)

We hope you enjoy this issue of *Counselor Connection* as we share what counselors and social workers are doing related to each *Connection* topic to promote our academic, social, emotional, and behavioral wellness. **Please note the opportunity to [nominate](#) an individual counselor or school counseling team below.**

#### **Important Reads This Month**

- [Nominate a Counselor of the Year by March 1!](#) |
- [3 Ways High School Counselors Help Students and Parents](#)



## School News

*What are our schools doing on this topic?*

Our schools offer a variety of activities including assemblies, guest speakers and other special programming, as well as positive culture building opportunities such as “Dude Be Nice” (EHMS) “College Day” (PCHS/PCLC) “Reality Town” (TMJH) and Red Ribbon Week.

- **Elementary:** Specific classroom lesson topics including safe and healthy lifestyles, refusal and stress management skills (e.g. Mindfulness), child abuse and bullying prevention, friendship skills, conflict resolution, and career exploration. Small group and individual support for students. Regular communication with parents and teachers to help foster the best environment for learning and growth. Referral to community resources as needed.
- **Middle:** Classroom presentations, CCR meetings & class selections, Mindfulness training, small group and individual social-emotional support including referral to community resources, introduction to Naviance platform.
- **Junior High:** Classroom presentations, CCR meetings based on career interest and “like” clusters - career exploration, use of Naviance platform, purposeful course selection, small group and individual social-emotional support, referrals to community resources.
- **High School and Park City Learning Center:** Classroom presentations, CCR meetings & use of Naviance platform, credit and course selection and recovery for on-track graduation planning, dropout prevention, elective course offering (“Miner Advantage”), Social Worker support for individuals and small groups and referral to community resources.

### More Resources

- [School Counselors \(for Kids\) - Nemours KidsHealth](#)
- [Why School Counselors Matter - The Education Trust](#)
- [School Counseling, Explained - Good Therapy.org](#)