

## **Young people face greater risks than previous generations:**

- Young people face increasing violence in our society and in their schools.
- Some young people face hopelessness that can lead to self-destructive behavior.

*Children affected by these and other issues are not able to achieve at their full academic potential. The counselor's primary task is to help them become better learners by providing a comprehensive program that includes responsive services, individual planning, systems support and a guidance curriculum.*

## **What are the goals of the counselor?**

### To assist students in:

Understanding themselves and others

Discovering and developing talents and abilities

Having a successful school experience

Formulating important plans concerning future education and career

## WHAT IS THE PURPOSE OF INDIVIDUAL COUNSELING AND CLASSROOM GUIDANCE?

**Help students to develop self-understanding and self-awareness**

**Build self-confidence and self-esteem**

**Encourage students to recognize and make the best use of the capabilities**

**Provide opportunities for students to feel successful**

**Give students an opportunity to talk about educational and personal-social concerns**

**Encourage students to recognize, understand, and work through learning difficulties**

**Help students better adjust to the school and home environment**

**Develop the awareness of students for the world of work**

**Teach students the decision-making/problem solving process**

**Help students have a successful school experience.**



# Lincoln Elementary Student Assistance Program

Elementary Counselor/SAC  
Anti-bullying Specialist  
Mrs. Nancy Thunell  
Tel (973) 661-8502  
e-mail [nthunell@nutleyschools.org](mailto:nthunell@nutleyschools.org)  
Lincoln School

WHY SEEK HELP FROM THE COUNSELOR?

STUDENTS

- "I'm new here and the other kids aren't very friendly."  
 "My friend and I just don't get along."  
 "I don't think I'm going to pass."  
 "I don't have a problem—I just want to tell you my dog died."  
 "I just have to talk to someone who won't laugh at me."



PARENTS

- "Sam has temper tantrums that I can't control."  
 "Larry doesn't seek out friends and is alone most of the time."  
 "Sue scores high on standardized tests but barely makes passing grades."  
 "Josh has nightmares and has trouble going to sleep at night."  
 "We can't seem to get through to Patty."



The counseling program focuses on enhancing student success by addressing the individual needs of students. Counselors interact and work closely with teachers and principals to create a positive atmosphere for learning.

Since parent involvement is an integral part of student success, counselors work with teachers and parents to form partnerships designed to help students achieve their maximum potential.



Elementary School Counselors Believe...

- **Children have dignity and worth as human beings.**
- **Children learn best when they feel good about themselves and their relationships with others.**
- **Children who understand their feelings are better able to control their behavior.**
- **Children are capable of making responsible choices.**
- **Attitudes formed during elementary school shape future attitudes toward learning, self and society.**

Elementary School Counselors Help ...

- Children develop a better understanding and acceptance of themselves.
- Children cope with family changes.
- Children develop decision making and problem solving skills.
- Children develop socially and emotionally, to mature in their relations with others.
- Children to understand themselves in relation to their own development.
- Parents understand their children's emotions, behaviors, and learning styles, and assist them in meeting their child's needs.
- School staff, teachers and administrators understand and meet the needs of all students in intellectual, personal, social and emotional areas.
- Parents and teachers create a positive learning environment.

HOW DOES THE STUDENT SEE THE COUNSELOR?

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

*Elementary counseling and guidance services are available to all students, not just those in a crisis situation.*