

Charger Counseling

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When Should I Talk to My Child's School Counselor?

All students can learn. A student who is troubled, however, cannot learn as easily. School counselors can help. Divorce, substance abuse, child abuse, poverty, violence, and suicidal thoughts are among the social stressors placing numerous students at risk of educational failure and dropping out of school. Early intervention is essential and parents and guardians play a vital role.

Today school counselors are certified, specially trained mental health professionals who focus on prevention and wellness through a counseling program that meets the needs of all students, not just a few. The counseling program addresses three areas: academic, career, and personal/social. School counselors advocate, mediate, coordinate, consult, lead and collaborate with teachers, administrators and parents to help students be successful. Professional school counselors also help children to understand themselves.

But just what do school counselors do? Today's school counselors:

- Counsel students individually and/or in groups
- Provide systematic and developmental classroom guidance to all students
- Respond to student needs in crisis situations
- Orient students to new school settings
- Work with absentees, potential dropouts, and other at-risk students
- Refer students to special programs and/or services when necessary
- Conduct conferences with parents and teachers

All of these activities and duties can make a real difference in students lives, improving their self-understanding and self-confidence, motivation, decision-making, goal-setting, planning and problem solving, interpersonal relationships, communication skills, respect for others, and more.

Parents should contact the school counselor when they have concerns about their child's academic achievement or emotional health. You, the parent, are the most important resource for the school counselor. Your involvement is critical in helping your child to be successful. Ask the school counselor how you can be more involved in what is happening with your child's education.



Tips to Help Your Child with Responsibility

***Arrive prepared.** It's not enough to just show up. Get a good night's sleep, eat breakfast, and bring your supplies.

***Participate in discussions.** Your child should ask questions, offer opinions, and exchange ideas.

***Stay organized.** Help your child create a system for organizing assignments and materials.

***Be persistent.** Support your child's efforts. ALWAYS show confidence in your child.

Stress Busters

*Exercise

*Eat a balanced diet.

*Take a time out.

*Do your BEST instead of trying to be PERFECT.

*Put things in perspective.

*Get involved.



9 Tips to Help Your Child Overcome School Anxiety

1. Develop a quick goodbye routine and do it the same way every time.
2. Keeping a consistent routine helps kids know what to expect.
3. Kids are good at picking up on emotions. Appear relaxed and upbeat even if you don't feel that way.
4. Talk to the teacher. Teachers are a great resource.
5. Send a small reminder of home with your child such as a handwritten note or a family picture.
6. Teach problem solving. Learning to handle problems effectively is a valuable life skill. When problems arise, don't rush to solve your child's problem for them. Encourage them to come up with their own ideas of solutions.
7. Don't get discouraged with setbacks.
8. Don't give up!
9. Teach your child calming strategies and help them feel confident in using them.