

ALL ABOUT the counselor

Meet Miss Carli!

*College: UC Davis (B.A)
Sonoma State (M.A./PPS)*

*Loves: My family and
friends, traveling, the
beach, reading, and coffee*

*Excited to: support your
students' academic,
social/emotional, and
career growth!*



Contact Miss Carli!

If you have questions about school counseling, would like to be involved, have questions about services or support, need resources, etc., please feel free to let me know!

- Call the school or my office
- Send me an email
- Ask your teacher or administrator
- Stop by the office for more information
- Visit the school/district websites for additional information and resources

Phone:
(925) 833-4200 x 6661
Email:
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*Welcome
to
School
Counseling
at Green
Elementary*



Samantha Carli, M.A., PPS

2019-2020

WHAT DOES A SCHOOL COUNSELOR DO?

The school counselor is here to support every single student in the building! The counselor does the following:

- ✓ Provides brief, solution-focused individual counseling to support academic, social/emotional success
- ✓ Runs group counseling activities to support student growth
- ✓ Performs individual student planning to help students with goal setting, understanding their own interests and skills, and achieving their potential
- ✓ Teaches classroom lessons to all students about a variety of counseling-related topics
- ✓ Provides support during crises
- ✓ Collaborates with school staff, families, and community agencies to support students
- ✓ Makes referrals for appropriate community resources

The school counselor does not:

- X Take disciplinary action with students
- X Only provide career guidance
- X Tell parents or teachers what to do
- X Provide long-term therapy

Counseling Services

*individual counseling to support academic and social/emotional success

*small group counseling

*classroom guidance lessons

*collaborating with teachers, admin, and other staff

*connecting students and families with community resources

*school counseling can support students in a variety of ways and students can learn about a variety of different skills and topics, including:

- ✓ Self Control
- ✓ Leadership Skills
- ✓ Growth Mindset
- ✓ Respect
- ✓ Responsibility
- ✓ Empathy
- ✓ Emotions
- ✓ Mindfulness
- ✓ Kindness

TOPICS COVERED IN SCHOOL COUNSELING

*Students may need to see the counselor for a variety of reasons, such as:

- ✓ Goal setting
- ✓ Study skills
- ✓ Friendship
- ✓ Social skills
- ✓ Self regulation
- ✓ Grief/loss
- ✓ Coping skills
- ✓ Managing frustration/anger
- ✓ Managing worry/stress
- ✓ Career exploration
- ✓ Conflict resolution
- ✓ Self esteem & confidence building
- ✓ Changing families
- ✓ Building Resiliency
- ✓ Communication skills
- ✓ New student support
- ✓ And so much more!