Welcome to the Counselor's Corner!!

Hi, I am the new school counselor at Ashford Elementary School! This is my 14th year as an employee for Houston ISD. This is my 4th year as an elementary school counselor. I am so excited to be here! I look forward to meeting and getting to know all of the families at Ashford!

Ashford Elementary School Counseling Program

As a school counselor, I am an educator trained in school counseling, just as other educators are trained in math, science, or English. My job at Ashford is to develop, implement, and evaluate a comprehensive School Counseling Program designed to meet the needs of every student. To accomplish this goal, I provide classroom lessons, individual/group sessions, responsive services, and system support.

Classroom Lessons help students understand themselves and others.
Through classroom lessons, I will help students develop peer relationships, effective social skills, decision making skills and study skills, effective communications, conflict resolution, coping strategies, and explore safe and healthy choices.

**Individual Counseling** - I provide a safe and confidential environment for students to discuss many topics regarding their social/emotional needs, career goals as well as academic success. Some topics that we may discuss include: friendship issues, stress, time management, goal-setting, academic planning, bullying, family changes, social skills, organization, career exploration and development of problem solving skills.

**Responsive Services** assist students with immediate needs: counseling, crisis intervention, consultation, referral, and peer mediation. Responsive services are provided through individual and small group counseling, consultation and referrals to community professionals trained in mental health and other specialties.

**Small Group Counseling** - A process where students sharing similar issues or concerns work together in a small group environment consisting of about 3-6 peers. The group sessions usually last about 30 minutes and are held for approximately 4-6 weeks. Topics are based on the needs of the students and may include: friendship and social skills, study skills, conflict resolution, anger management, and self-esteem.

**System Support** enhances school climate and relationships among members of the school community. School counselors coordinate parent outreach services, community support services and consultations with other faculty and staff to facilitate collaboration and a greater understanding of students’ developmental needs.

As your school counselor, I will work to ensure our School Counseling Program is progressive, dynamic, and responsive to the needs of all students.