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# School Counseling

2021-2022

## What does a School Counselor DO?

I collaborate with teachers, parents and administrators to help students develop the social, emotional, and academic skills they will need to be successful.

### I provide:

- Classroom lessons
- Small group counseling
- Individual counseling
- School wide programming
- Parent presentations
- Consultation with parents and teachers

### My Schedule:

Monday, Tuesday & Wednesday - Brayton

Monday, Thursday & Friday - Lincoln-Hubbard

### How can I support families?

- Helping with social, emotional, or academic concerns
- Helping to navigate family difficulties or concerns that impact child at school
- Referrals for community resources

### Common counseling themes:

- Making and keeping friends
- Teamwork and sportsmanship
  - Regulating emotions
    - Goal setting
    - Growth mindset
  - Conflict resolution
    - Confidence
  - Making good choices

### How does a student see the counselor?

- Self referral
- Teacher referral
- Parent referral
- Administrator referral
- Counselor observation