



# School Counseling Program at Crews Middle School



## What is a School Counselor?

When we hear the term, counselor, we typically think of a mental health professional who provides individual therapy. School Counselors are professionals trained in developmental and mental health practices, but they are not intended to function as therapists. School-based counselors practice developmental counseling that is designed as a preventative approach to helping students. School counselors serve ALL students by providing programs and services that support (1) academic development, (2) social/emotional development and (3) career development. School counselors assist students with personal or family issues that may interfere with their academic success. They also serve as resources for parents and teachers, and as liaisons with outside agencies.

**School counselors are not teachers or administrators, so we don't issue grades or discipline consequences.**

## So, it's not therapy... What is it?

Through classroom lessons, small groups, and brief individual meetings, counselors teach life skills. Some of the skills on which counselors focus include: problem-solving, decision making, conflict management, working cooperatively with others, navigating change, time management, career awareness, leadership and personal growth. If there is a need for on-going therapy, school counselors will refer parents to community resources.

**The school counseling program is an integral part of students' daily educational environment, and school counselors are partners in student achievement.**

## How is Counseling Different in Middle School?

- ◆ Counseling is not a “specials” class. Classroom lessons are provided through Social Studies class (2 to 3 lessons per year).
- ◆ Students may see the counselor for help with personal, social or academic issues that are interfering with their school experience. Parents are not notified of every visit to the counselor, however, parents are notified if the student shares information that is deemed as a safety concern.

## When Should Parents Contact the School Counselor?

- When your child has social or personal concerns that are interfering with his or her academic performance.
- When family changes interfere with academic progress.
- When your child is having difficulty achieving academically.
- When your child has a medical condition that impacts his school attendance, and may benefit from Homebound Services or a 504 Plan.

## Meet Your Child's 6th Grade Counselor



**Elizabeth Butler, Ed.S.**  
6th Grade

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Mrs. Butler has a background in college/post-secondary student services, community youth programs & school counseling. She is a graduate of Clemson University with a B.A. in English and a M.Ed. in Counseling. She completed her Ed.S. in Professional School Counseling at the University of Georgia. She has two children who attended Crews.

**Would you like to be a part of our Counseling Program Advisory Council? Contact me to learn more!**

