



Cadott Elementary School Counseling Program

-Mrs. Dena Manier, Professional School Counselor

In our ever-changing world, today's children face more decisions and face greater risks than in any previous generation. While teachers work hard to help kids become "book smart", it is the school counselor's job to teach kids the skills to become "behavior smart." Elementary counseling services are available to all students at Cadott Elementary, not just those in a crisis.

Summary of Services

- **Classroom Guidance Lessons-** Classroom guidance lessons are conducted by the school counselor on a monthly basis. Guidance lessons address skills such as being assertive, having a growth mindset, learning self-control skills, making friends, demonstrating responsible behaviors, managing stress and anger, making healthy decisions, handling teasing and bully behavior, using fair fight skills, communicating effectively, etc.
- **Small Group Counseling-** When students have similar concerns they may meet in small counseling groups for help and skill building. Students participate by parental referral and/or permission. Some common types of groups deal with divorce, friendships, worry/stress, anger, grief/loss, growth mindset, and social skills.
- **Social Groups-** The school counselor also hosts social groups such as "Lunch Bunch" and "Welcoming New Students". Social groups allow students to socialize with peers without the structure of a formal counseling group.
- **Individual Counseling-** A teacher, principal, parent or other staff member may refer a student to the school counselor. Students may also refer themselves. Help is given for making friends, solving problems and fighting fairly with friends, developing and practicing positive social skills, coping with difficulties, and developing positive attitudes and behaviors. School counseling is a short-term, solution-focused intervention or teaching opportunity (not intensive therapy).
- **Consultation and Coordination of Services-** The school counselor works collaboratively with students, parents, teachers, and the school principal to identify and remove barriers that may impede student ability, behavior and achievement. The school counselor also can help students and their families obtain assistance from other programs and services in the school system or from other agencies outside of the school.

For additional information, contact School Counselor, Mrs. Dena Manier at #715-289-3795 or email manierd@cadott.k12.wi.us