

Welcome to Lakewood's Counseling Corner. This page has been created to keep you informed about the counseling program at Lakewood Elementary School. My name is Alicia Gottesman and I am the school counselor. If you need to contact me, you can email me at [Alicia B Gottesman@mcpsmd.org](mailto:Alicia_B_Gottesman@mcpsmd.org) or call me at 301-279-8465. I look forward to working with you and your children.

Overview of Counseling Program at Lakewood

Individual Counseling: One- on- one counseling support is available to all students in grades K-5 . The support is intended to address specific emotional, behavioral, or social concerns that a child may have. Students make self-refer or be referred to the counselor by teachers and/or parents. Confidentiality is respected. Individual counseling is offered on a short term basis.

Group Counseling: Group counseling is periodically provided for small groups of students experiencing similar concerns. These may include friendship challenges, coping with separation/divorce or a loss, or getting organized. The groups range in size from 4-8 students and last 4-6 weeks. The students in groups can be recommended by a parent or a staff member. Permission slips must be signed for students to participate in groups.

Guidance Lessons: There will be one lesson per month in each classroom for 35-45 minutes. Lesson topics are based on the students' needs. Topics include conflict resolution, tattling vs. reporting, bullying prevention, study skills, and career development.

Eagle Peace Program: Lakewood has a peace program to help keep us focused on being a bully free school. Each classroom must abide by three expectations in order to achieve a peace day

- Use kind words
- Keep self to self
- Include others

Each afternoon, a report is made by the counselor or a student peace keeper indicating whether each grade level achieved peace. After the required peace goal is achieved, students will receive a special treat to celebrate their good choices. Two student peace keepers per class in grades 2-5 are selected as role models. They are responsible for helping to keep Lakewood a welcoming and peaceful place!