

## Counselors' Corner by:Carol Brody



I hope everyone had a wonderful and relaxing summer! I would like to discuss the responsibilities that I have as the guidance counselor at Lois P. Rockwell Elementary School.

One of my jobs is to go into the classrooms throughout the school year and deliver lessons on a variety of topics. Some topics that we will focus on are: character education, friendship, goals and dreams, kindness, recognizing differences, tolerance, citizenship, listening skills, careers and the year in review. This will coincide with "Project Wisdom", a character education program, delivering daily quotes and stories through the morning announcements. We will also be using the De-Bug steps as a strategy to resolve conflicts.

### De-Bug Steps:

- Step 1: Ignore
- Step 2: Walk away
- Step 3: Talk nicely
- Step 4: Talk firmly
- Step 5: Get adult help



If a student has a problem or issue that he/she would like to discuss, the student can self-refer via a teacher, parent or by leaving a note outside the counselor's office.

Students may also participate in a lunch bunch consisting of three or more students. Lunch bunch meets weekly during a student's lunch time. Topics that may be discussed during lunch bunch are how to get along with others, how to make friends, study skills, homework completion or family transitions.

I also meet with parents when they are trying to problem solve a situation involving their child. Sometimes the student may join the parent in the problem-solving strategies.

I am here to support the students at Rockwell and also their families. Parents can reach me via the school phone at: 301-253-7088 or through E-mail at: [carol\\_s\\_brody@mcpsmd.org](mailto:carol_s_brody@mcpsmd.org). Welcome back!

