

What does the school counseling program consist of?

An effective school counseling program is delivered using the three C's.

Counseling:

I offer individual, small group, and large group guidance lessons.

Consultation:

I consult with a variety of people such as, parents/guardians, teachers, administration, and community agencies on behalf of student and school needs.

Coordination:

I collaborate with others to coordinate services in order to deliver a comprehensive counseling program.

A Message to Bethesda Parents

My role as the school counselor is to offer help to all students. The counseling program at Bethesda is designed to support and compliment the efforts of your child's learning and success.

I am a full time staff member who is available to all students. If you have any questions about the program or if there is anything I can do to help you and/or your child, please do not hesitate to contact me.

Sincerely,

Jessica Nicholson

Jessica_L_Nicholson@mcpsmd.org

301-657-4979

Counseling at Bethesda Elementary School



*Jessica Nicholson
Professional
School Counselor*

Did you know that Mrs. Nicholson...



Why might I need to see Mrs. Nicholson?

- I need help coping with difficulties at home, school, with friends or family
- I would like to talk about my feelings
- I'm having a hard time getting along with others
- I need help with problem solving/conflict resolution
- I need help adjusting to change
- I'm having a hard time making new friends



- works with students individually to help them solve difficult situations?
- works with students in small groups on such topics as friendship, self-esteem, study skills, anger management, divorce, etc.?
- works with students in the classroom focusing on cooperation, conflict resolution skills, decision making, communication skills, etc.?



How do I get to talk with Mrs. Nicholson when I need to?

- I can fill out a referral slip or I can tell my teacher I want to see her.
- I can go to her office with my teacher's permission.
- My principal may suggest that I see her.
- My parent(s) may request it.
- My teacher may recommend me.
- Mrs. Nicholson may send a note to invite me.