



SCHOOL COUNSELING AT CLEARSPRING

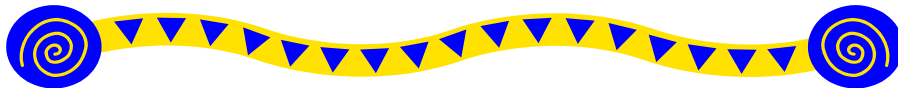
Counselor: Ms. Tara Besser
Tara_K_Besser@mcpsmd.org - 301-253-7004



Why do we have a counselor at our school?

Ms. Besser's job is to help students build skills in 5 areas:

1. Dealing with **personal issues**, such as stress, anger, and sadness;
2. **Interacting** with other children and adults in a positive and productive way;
3. Doing their personal best **academically** (on schoolwork and homework);
4. Developing an awareness of different **careers**;
5. And, understanding how to stay **safe and healthy**.



What does she do?

Ms. Besser...

- 🐾 Works with students **individually** to help them get through tough situations.
- 🐾 Works with students in **small groups** on topics like making and keeping friends, building self-esteem, learning study skills, coping with family changes, and more.
- 🐾 Teaches **classroom lessons** once each month, which focus on the 5 areas mentioned above.



How can students Besser?



meet with Ms.

- 🐾 **Students** may request _____ to meet with Ms. Besser by writing her a note and placing it in the folder outside of her door labeled, "Notes for Ms. Besser."
- 🐾 **Ms. Besser** may invite students to talk individually or to join a group.
 - 🐾 A **teacher** may make a request.
 - 🐾 A **parent** may make a request.

🐾 **Administration** (Mrs. Steel or Mr. Mascott) may make a request.



Who does Ms. Besser help?

Ms. Besser helps EVERYONE! She loves to hear from all the children at Clearspring. It is impossible for her to spend an equal amount of time with each student, but she wishes she could! 😊

