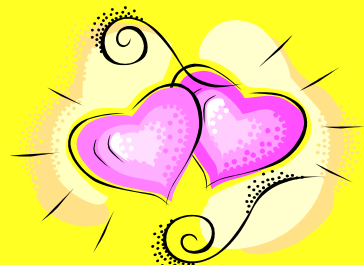**What should a student do if he or she needs to see the counselor?**

A student can see the counselor by:

Filling out a self-referral slip and leaving it in the in-box outside Mrs. Greif's office. Pick up these slips from his/her teacher or outside Mrs. Greif's door!

A teacher, parent, or other staff member may suggest that a student see the counselor.

The counselor may send the student a note requesting a visit.
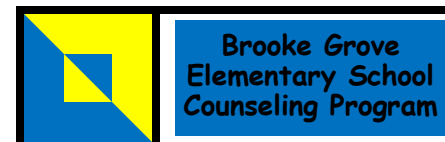
Counseling is a work of heart!

Who is the school counselor?

Hello Brooke Grove ES! I am Mrs. Greif! This is my 4th year as a BGES Eagle and I'm very excited to meet all of you! I will be here full time and can't be more thrilled to spend the day with your children!

A little more about me...
This is my 14th year as a MCPS employee. I was a school counselor for 3 years prior to coming to BGES. Prior to switching to school counseling, I was a middle school math teacher for 8 years I am a graduate of University of Maryland, College Park with a degree in Psychology. I later earned a Master's in Teaching in elementary education and a Master's of Science in counseling from Johns Hopkins University.

I am fortunate to spend my time away from BGES with my two wonderful children (ages 5 and 7) and my husband!

Brooke Grove Elementary School Counseling Program

Soaring Together to Achieve Excellence

Mrs. Rachel Greif

2700 Spartan Road.
Olney, MD 20832
240-722-1800
Fax: 301-924-3161

Rachel_S_Greif@mcpsmd.org

A school counselor creates, implements, and manages a comprehensive school counseling program that advocates for student achievement through social/emotional learning with the following MCPS *school counseling student standards…*

Academic-the counselor will assist students in developing the skills and attitudes necessary to be successful students.

Personal/Interpersonal–the counselor will help students develop positive social skills, such as, making friends, adjusting to change, and developing cultural identity, to ensure that students are proud, self-reflective, and cooperative citizens of our school community.

Career/Education-the counselor will assist students in exploring interests and forming strong work study habits to help build a solid foundation for successful careers later in life.

Healthy– the counselor will assist in helping students to understand personal safety and making healthy choices.

Counseling

Counseling is delivered through utilization of a variety of methods: individual counseling, small group counseling, developmental classroom guidance, and large group guidance. A wide range of topics, including, but not limited to, social skills, self-esteem, friendship, and bereavement, may be covered through counseling.

Consultation

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

Coordination

Counselors collaborate with others to coordinate services to deliver a comprehensive program.

Social Emotional Learning-

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

A student may need to see the counselor for a variety of reasons , such as………

- Learning how to get along well with others
- Help coping with difficulties associated with home, family, friends, or school
- A need to talk
- Setting goals and/or planning for the future
- Problem/conflict resolution
- Making important decisions
- Expressing feelings
- Adjusting to change
- Making new friends
- Finding resources
- Need materials/supplies for school
- Getting connected to outside resources like Social services, Therapy