



MRS. ASHLEY SILLIMAN, COUNSELOR WOODROW CUMMINS ELEMENTARY

School counselors support the academic achievement, and personal/social well-being of students. Listed below are five main ways that I plan to support our staff and students at WCE this year!

Consultation-

If you have a question, I can either provide you with the answer or point you towards a great resource. If you are concerned about a student, or even just looking for a new activity to use in the classroom, I can help. I provide consultation to parents, teachers, and other school staff.

Preventative Programming-

I educate students about a topic and provide them ways to handle the situation. For example, we are planning "Red Ribbon Week" for later in October. Students will be learning about the dangers of drugs, and bullying, and what to do if they face either of these difficulties at WCE."

Classroom Guidance-

I facilitate classroom guidance lessons on topics organized monthly through Conway Public Schools. I may also plan lessons with teachers in advance or facilitate lessons based on teacher or student need. Classroom guidance lessons are a great way for me to connect with our students and build relationships. Character awards are generated by topic through these guidance lessons. Teachers select students according to the following character criteria each month:

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| <u>September:</u> | Respect |
| <u>October:</u> | Responsibility |
| <u>November:</u> | Thankfulness |
| <u>December:</u> | Caring |
| <u>January:</u> | Citizenship |
| <u>February:</u> | Honesty |
| <u>March:</u> | Fairness |
| <u>April:</u> | Perseverance |
| <u>May:</u> | Self-Control |



*School Counseling is
a work of HEART!*

Group Counseling-

When there are multiple students experiencing the same problem, it can be helpful for them to be in a counseling group together. Group counseling helps students build relationships and feel they are not alone in their experiences. I have created groups on a variety of topics including anger management, divorce, etc. These groups typically meet 6 times before dissolving. If there is a further need for intervention, then a referral for outside resources is recommended and discussed with families.

Individual Counseling-

In individual sessions with students, I allow students to draw, write, or just talk. Sometimes we work on learning a specific skill, such as deep breathing for anxiety. Other times we work on role-playing situations, such as: problems with friends, etc. Again, If there is a further need for intervention, then a referral for outside resources is recommended and discussed with families.

Please do not hesitate to contact me with questions or concerns. I look forward to working with WCE faculty, students and families.