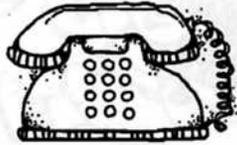


My child's counselor is:



Mrs. K

The counselor may be contacted at (703) 221-4108.

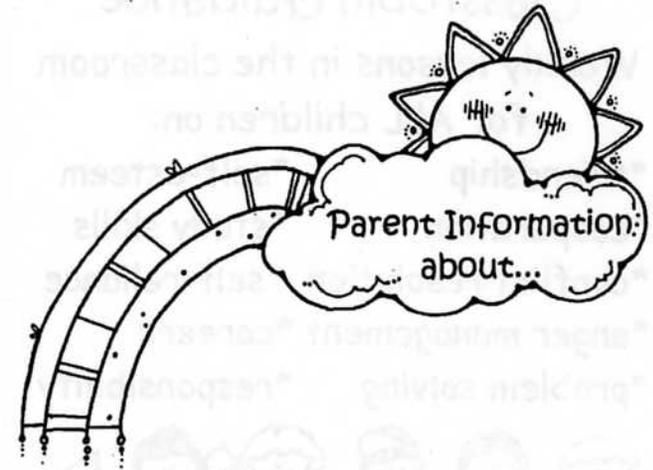
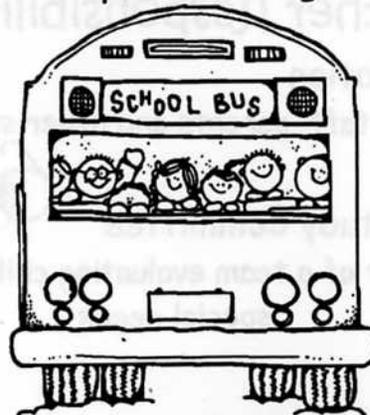


Mrs. K has a Bachelor's Degree in psychology and a Master's Degree in Education with an endorsement in Guidance and Counseling. She has three grown children and two grandchildren. She lives in Fredericksburg.

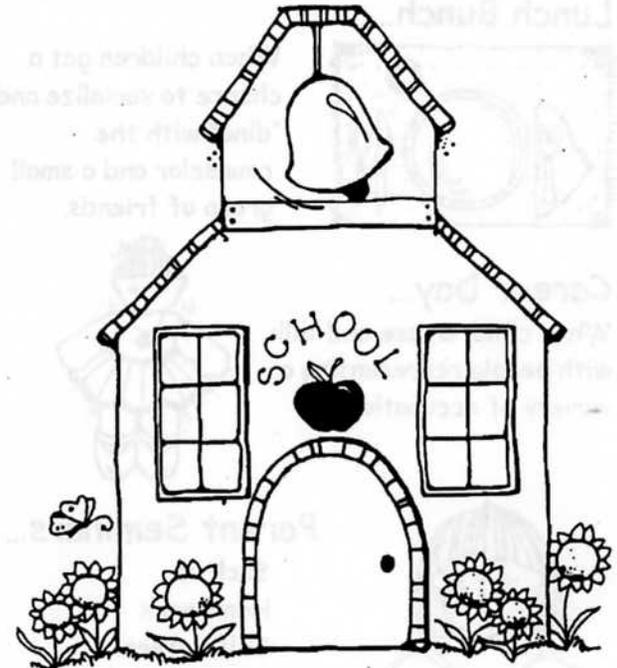


The Elementary Counselor helps your child:

- Achieve more in school
- Adjust to a new school
- Establish effective study skills
- Develop self awareness
- Become more independent and responsible
- Accept individual differences in others
- Develop skills in communication
- Learn conflict resolution
- Cope with problems within his/her developmental stages



The Guidance and Counseling Program at Ashurst

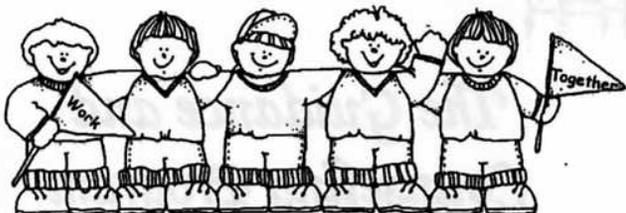


Ashurst Elementary
4320 Dulaney Street
Quantico, VA 22134

Classroom Guidance

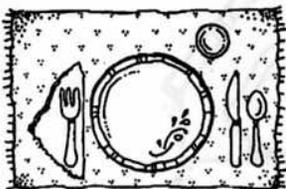
Weekly lessons in the classroom
for ALL children on:

- *friendship
- *self-esteem
- *cooperation
- *study skills
- *conflict resolution
- *self-reliance
- *anger management
- *careers
- *problem solving
- *responsibility



Special events

Lunch Bunch...



When children get a chance to socialize and "dine" with the counselor and a small group of friends.

Career Day...

When children see and talk with people representing a variety of occupations.



Parent Seminars...

Such as
Homework
Self-esteem
Communication
Discipline



Small Group Counseling

 Parental Permission Necessary

To learn and practice skills like:

- cooperating
- anger control
- making and keeping friends
- problem solving



Offers support for kids with similar life situations such as:

- changing families
- parental deployment
- moving to a new duty station
- adjusting to a new sibling



Other Responsibilities

Consultation

With staff, parents and other specialists.

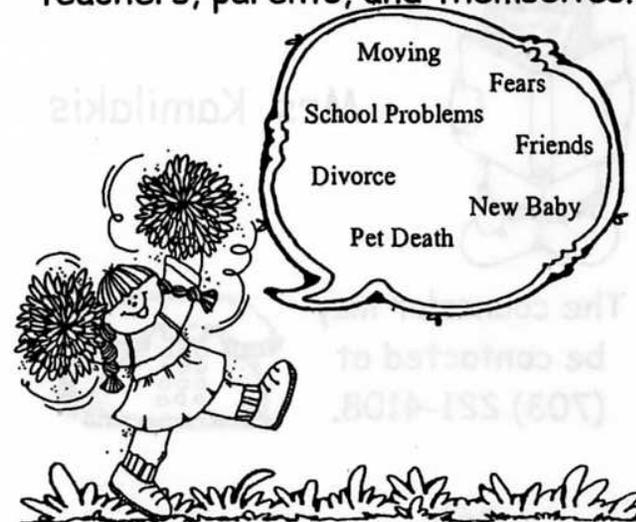
Child Study Committee

Member of a team evaluating children with special needs.



Individual Counseling

Who? Children referred by teachers, parents, and themselves.



Parental Permission Necessary for Ongoing Counseling Services.

What she won't do?

- *Guided Imagery
- *Fantasy Techniques
- *Medication advice
- *Make decisions for your family

