

THE *Counseling* CONNECTION

St. Hilary School

Meet the Counselor **Mrs. Eldred**

Mrs. Eldred has a B.A. in Communication Arts from Villanova University and an M.A. in Counseling Psychology from Boston College. She is a licensed school counselor. Mrs. Eldred worked as a school counselor at a private middle and high school in Boston from 2000-2008 and the school counselor at St. Hilary School from 2008-2011. She is recently back for her fourth year and has a daughter and a son in the school.

Meet the Counselor **Mrs. Parisi**

Mrs. Parisi has a B.A. in Family Services from University of Northern Iowa, an M.A. in Public Administration and an M.S.W. from The Ohio State University. She is a Licensed Independent Social Worker. She has worked at St. Hilary School for 7 years. She has one son at SHS and a daughter and 4 sons who are alumni.



Where to find us...

Mrs. Eldred will be in the building on Mondays and Wednesdays.
celdred@st-hilary.org

Mrs. Parisi will be in the building on Tuesdays, Thursdays and Fridays.
cparisi@st-hilary.org

THIS MONTH'S FOCUS: Welcome Back!

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Meet the School Counselor

What Exactly Does a School Counselor Do?

Our job is to make sure that students are happy and doing their best at school. There are many factors to consider such as: their ability to pay attention, their relationships with teachers and peers, how they manage their feelings, and their lives outside of school.

Our primary role is to deal with school related problems although we often help students with behavior and family problems. Sometimes an issue is better addressed in a more therapeutic setting and we can help connect you to those resources. This is strongly recommended if we have seen a student three or more times for an ongoing issue.

Students come to us most often by the recommendation of a teacher and/or the parent. Students many times approach us themselves if they would like to speak to us.

Common Issues:

Anxiety, stress, friendship skills, conflict resolution, managing feelings, organizational and executive functioning skills

August's Focus:

Welcome Back!

