

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Becher and Mrs. Eldred

Meet the Counselor **Mrs. Becher**

Mrs. Becher has a B.A. in Sociology from Walsh University and an M.A. in School Counseling from Malone University. She is a licensed school counselor. She most recently served as the school counselor at St. Augustine in Barberton and has done grief counseling as well. Mrs. Becher joins our staff this year as Mrs. Parisi is on medical leave. Mrs. Becher will be in the building on Tuesdays, Thursdays and Fridays.

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 second year and now has two children in the school. Mrs. Eldred will be in the building on Mondays and Wednesdays.

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.

What Exactly Does a School Counselor Do? (Cont...)

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

THIS MONTH'S FOCUS: Welcome Back!