

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Parisi and Mrs. Eldred

Meet the Social Worker

Mrs. Parisi

Mrs. Parisi has a B. A. in Family Services from the University of Northern Iowa and an M.S.W. in Social Work and an M.A. in Public Administration from The Ohio State University. She is a Licensed Independent Social Worker (LISW). She has worked at St Hilary School for 5 years. She has experience in the classroom and in community mental health agencies.

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 certified 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.

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!