

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 fifth 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 8 years. She has a daughter and 5 sons who are alumni of St. Hilary 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.

Some common issues we help with:

Anxiety, stress, friendships, conflict resolution, managing feelings, organization, and executive functioning skills

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.

cparsi@st-hilary.org

THIS MONTH'S FOCUS:

**Welcome
Back!**

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What parents can do to help children be successful in school

Ask your child how their day was with open ended questions.

Read to your child or listen to books online.

Listen to your younger child read aloud to check understanding and fluency.

Practice what they are learning by reviewing math facts, spelling words and other content to increase their confidence.

Check Digital Academy often with your student.

Have kids complete homework near you so you can see study habits and focus.

Consistent routines increase your child's confidence and ability to complete tasks independently.

September's Focus: Back to School



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