

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 at St. Hilary School from 2008-2011. She returned in 2018 and has a son in the school and a daughter who graduated last year.

Meet the Counselor Mrs. Rohal

Mrs. Rohal has a B.A. in Psychology from Geneva College and an M.A. in School Counseling from Walden University. Mrs. Rohal is also a licensed Registered Behavior Technician (RBT). This is Mrs. Rohal's first year here as a school counselor but her second full year at St. Hilary.

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 counseling office on Tuesdays and Thursdays.
celdred@st-hilary.org

Mrs. Rohal will be in the counseling office on Mondays, Wednesdays and Fridays. She will be working with the Intervention Team on Tuesdays and Thursdays.
hrohal@st-hilary.org

THIS MONTH'S FOCUS:

Welcome Back!

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St. Hilary School

Mrs. Eldred and Mrs. Rohal

Meet the Counselors

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.

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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

September's Focus:
Welcome Back!

