

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 8th grade at SHS and a daughter in 10th grade who is a graduate of SHS.

Meet the Counselor Mrs. Weigand

Mrs. Weigand has a B.S. in Elementary Education and Special Education from Kent State University. She has an M.A. in School Counseling from the University of Akron. She has elementary and high school counseling experience at Norton City Schools and Revere Local Schools.

Congratulations!

Congratulations to Mrs. Rohal on the birth of her daughter, Danielle Rae! Mrs. Rohal will return to school in January.

If you would like to share best wishes with Mrs. Rohal by making a card or writing a note, we will collect them on or before September 18. Cards and notes can be dropped off in the Counseling Office.

Where to find us...

Mrs. Eldred will be in the counseling office on Tuesdays and Thursdays.
celdred@st-hilary.org

Mrs. Weigand will be in the counseling office on Mondays, Wednesdays and Fridays.
lweigand@st-hilary.org

THIS MONTH'S FOCUS: Welcome Back

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Mrs. Eldred and Mrs. Weigand

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

September's Focus:
Welcome Back!

