

# SCHOOL COUNSELING AT SSES

SPANISH SPRINGS ELEMENTARY SCHOOL

## SCHOOL COUNSELING

### What's It All About?

School Counselors work with students, parents, teachers, and administrators to ensure every student is given the opportunity to succeed in the academic, emotional/social, and career domains. Counselors reach all students by implementing classroom guidance. Classroom guidance consists of topics that promote positive, healthy behaviors. This year we will be focusing on the 5 Social and Emotional (SEL) components: self-awareness, social awareness, responsible decision-making, relationship skills, and self-management. Each month will have a

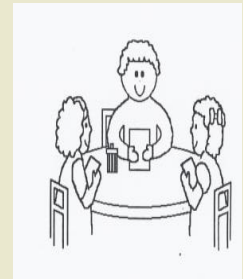
different SEL focus, and classroom guidance will be used to teach about those different areas.

Counselors also lead small groups for students who need a smaller setting to work on topics such as social skills, friendship skills, anger management, study skills, or even grief.

Lastly, school counselors provide solution-focused brief counseling in 1:1 settings for students that may be having issues with friends, school, family, anger divorce, jealousy, conflict resolution, growth mindset, etc.

## GROUPS AT SSES

- Study Skills
- Growth Mindset
- Social Skills
- Friendship Skills
- Emotional Regulation
- Grief



## SOCIAL & EMOTIONAL LEARNING

### Why Is It Important?

Social and emotional learning can broadly be defined as the ability to manage one's emotions and

get along with others. There is strong evidence to support social and emotional skills improving academic

success. In a meta-analysis conducted by Durlak et al. (2011) it was found that students who participated in

SEL based programs displayed an 11% gain in achievement over students who did not participate in an SEL program. It has also found that SEL techniques

correlate with higher test scores on tests requiring use of the brain's executive functions. Teachers also report that students are drastically more attentive,

emotionally regulated, and socially and emotionally competent than students who do not receive SEL skills training in school.

## SEL AT HOME

- Use emotion based language
- Adaptability: Openness to changing conditions
- Attention: Selective & purposeful direction of the mind
- Civility: Use of respectful words and actions towards others
- Patience: Calm and steady approach despite discomfort
- Forgiveness: Acknowledgement of wrongdoing without seeking revenge or punishment

\*For more information view the link in the counselor corner on the SSES district website.\*

## MEET YOUR SCHOOL COUNSELORS

### Mrs. Trudie Kibala

Hi! I have been blessed to be a part of the Spanish Springs Elementary School staff for the past four years. I began my career teaching high school English at Churchill County and Hug High Schools. By the time I got married and started having children, I realized that school counseling was the job for me so I headed back to UNR to earn my master's degree in school counseling.

In the meantime, I took 11 years off to raise my three amazing children before returning back to teaching and eventually landed a school counseling position. Outside of school I enjoy reading, cooking, watching my children play sports, and traveling with my family. This year my husband and I are sending our oldest son off to college. It's exciting to enter a new realm of parenting!

### Mrs. Emily Call

I received my undergrad in American Sign Language (ASL) Studies from Western Oregon University. I had planned on becoming a parent-infant advisor to teach deaf infants and their hearing parents ASL. However, life took a turn and I ended up back in Reno working at a therapeutic preschool. Working in the preschool led me to pursue my masters in school counseling.

Last year I completed my internship at SSES, which makes this year my first as a school counselor. I am so excited to be working at SSES!

I have been married for 3 wonderful years! In my spare time I enjoy going on walks with my husband, baking, reading, and exercising. I have a 10-week old fur baby named Shadow, who keeps me quite busy.