

A counselor is...

- a school person who helps all students do their best!
- a listener.
- a resource for teachers and parents.
- a group leader for students and parents.
- a consultant for teachers and parents.



“What shall we talk about today?”



The school counselor...

- talks to and listens to me when I'm sad or have other feelings I want to share.
- helps me understand my feelings.
- helps groups to work and learn together.
- teaches lessons in the classroom.
- can help me get along better with others.
- can help me and my parents with finding services outside the school.
- can help me think about the future.

The counselor works with my teachers and my parents about...

- my school program.
- my school success.
- my individual needs.





You can contact  
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To talk to the school  
counselor...

- I can fill out a self-referral and leave it in her box.
- my teacher or another staff member can send me.
- the principal can suggest it.
- my parents can request it.
- the counselor can invite me.

Things I can do while  
visiting the counselor  
include...

- talking one to one.
- talking with other kids in a group.
- playing games to help me learn about myself.
- talking in a group with a parent and/or other school staff.

# What is a counselor?



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