

Guidance and Counseling News, by Mrs. Wendy Wildeman

Greetings, Hurricanes! As the school counselor, I work at AC-T one day a week to teach large group guidance classes to K-6th grade, and I meet with students to provide individual counseling. From the American School Counselor Association, "The curriculum promotes knowledge, attitudes and skills of student competencies through instruction in three content areas: academic achievement, career development, and personal/social growth." (ASCA National Model, 2012.) This was AC-T's second year using the Second Step social emotional learning curriculum. Our students can tell you all about empathy, compassion, naming feelings and calming down. These skills lead students to be able to solve problems by defining the problem, thinking of solutions, exploring consequences, and making a plan for the best solution. Talk about life-long skills! Also, students in 6th grade focused on career awareness and exploration. As a resource for 6th grade, we used the US Bureau of Labor Statistics website: <https://www.bls.gov/k12/> . As mentioned, I provide short-term individual counseling to help with a wide variety of issues. Here is what the permission form includes: "Individual counseling has been requested for _____. If you are interested, it will most likely be 15-20 minutes, once a week, for about six weeks. I will work out a schedule with the classroom teacher that will minimally interfere with learning. During our individual sessions, we will discuss _____. All sessions will be kept confidential unless there is a threat of harm to self, others, or in the case of a subpoena. Parent/Guardian permission is required to begin individual counseling, and it can be withdrawn at any time. I also have a list of area resources for additional support, if needed, please ask." wwildeman@siouxcentral.org AC-T: 712-843-5416 or Sioux Central: 712-283-2571 x5330.