

Main Elementary  
722 Mill Bay Road  
907-486-7480



**Main Elementary School Counseling Referral Form**

Student: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Referred by: \_\_\_\_\_ Title: \_\_\_\_\_

Reason for referral (check all that apply):

**Academic:**

- Attendance
- Goal Setting
- Homework
- Organization
- Study Skills
- Underachievement
- Other: \_\_\_\_\_

**Careers:**

- Exploration and planning
- Applications
- Resume building
- Other: \_\_\_\_\_

**Personal/Social:**

- Adjustment
- Anger Management
- Anxiety
- Bullying
- Family Conflict
- Grief (loss/death)
- Health (family or self)
- Honesty
- Managing Emotions
- Negative Attitude
- Organization
- Personal Hygiene
- Self-Esteem
- Social Skills/Friends
- Theft/Vandalism
- Uncooperative/Defiant
- Withdrawn/Shy
- Other: \_\_\_\_\_

Additional Reason(s) for Referral:

\_\_\_\_\_  
\_\_\_\_\_

Student's Strengths/Interests: \_\_\_\_\_

\_\_\_\_\_

Specific Observable Behaviors: \_\_\_\_\_

\_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check here if Parent/Guardian consent was given over the phone

## Information about School Counseling: A Letter to the Family

The elementary years are a time when students begin to develop and learn attitudes toward school, self, peers, and social groups. It is also a time when students begin to gain competence and confidence as learners, as well as develop their values as a person.

Elementary school counselors are educators uniquely trained in child development, learning strategies, self-management skills, and social skills. Elementary school counselors provide professional assistance and support to a student or small group of students during times of transition, heightened stress, critical change, or other situations that are getting in the way of student success. It is important to note that school counselors do not provide therapy or long-term counseling in schools. However, school counselors are prepared to recognize and respond to student mental health needs and assist students and families seeking resources.

**How does a student receive counseling at school?** Students may be referred to the School Counselor for individual and/or small group counseling by their parent/guardians, school faculty, school staff, a concerned friend, or they may refer themselves. Once a referral is made the school counselor sets up a meeting with the referred student.

**Who provides the counseling at school?** Counseling is provided by a state-certified school counselor. The school counselor has a Master's degree with an emphasis in School Counseling. School Counseling focuses on the academic development, social/emotional development, and career development of students.

**Is counseling required?** It is your choice to give consent for your child to receive counseling services at school.

**What will counseling for your child involve?** Counseling may include small group or individual sessions. During the sessions, your child and a school counselor will work together to understand the problem, the present and future consequences, develop goals for change, and a plan of action for change.

**How is information shared?** Trust is the basis for effective counseling. The ethical guidelines of the American School Counselor Association emphasize the importance of confidentiality between school counselors and students while at the same time recognizing the rights of parents. For the most effective counseling, what is shared with the counselor will stay with the counselor unless the student permits to share information or if the counselor suspects the child is in danger of being hurt by others, hurting himself, or hurting others.

**Confidentiality:** Trust and confidentiality work together. Counseling records do not become a part of the permanent record of the student except as required by school safety policy. A record may indicate that a student was seen by the school counselor; however, the topics discussed are not included unless required by the school board safety policy. The requirements of the Family Education Rights and Privacy Act (FERPA) are enforced—information will not be released to anyone outside our school without your written permission. The school counselor may talk with the classroom teacher about how he or she can help your child in the classroom; however, specific information will not be shared.

**Possible outcomes:** Through counseling, your child may be taught strategies to help him or her make more effective and healthier decisions, increase the ability to set and reach goals, build better relationships with others, and be more successful in school. We all must realize that changes take time; his or her problem did not develop overnight, nor will it disappear overnight. Counseling will be successful when students, school counselors, teachers, and family members work together.

**Cost:** There is no cost to you for any of the counseling your child receives as a part of our district's school counseling program. Please contact the Main school counselor if you want more information or have ideas about how we can better help your child.

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