



COUNSELING

Guidance and counseling services at St. Monica

School counselor: Maureen Kirgis

St. Monica School provides a comprehensive school counseling program that promotes and enhances student achievement by removing impediments to student learning. Counselors are available to help students, parents, and teachers develop positive learning experiences in personal, social, spiritual, and academic development. Counselors work as a team in striving to meet the demands and challenges facing today's students.

In some instances, the JCLC will need to investigate a student's academic/emotional challenges through a more detailed process. This process may include student observation, teacher input, parent input, and/or screening instruments. When the results indicate a need for additional intervention, one of the JCLC specialists will provide recommendations for outside services that may include tutors, diagnosticians, or other professionals

What we do

- Guidance Curriculum
- Responsive Services
- Academic Planning for Students
- System Support

What we address

- Self-Concept Development
- Motivation to Achieve
- Decision-making & Problem Solving
- Interpersonal and Cross-Cultural Effectiveness
- Communication:
- Responsible behavior

How do children come to see the counselor?

- **Parent referral:** You may request that your child come to see me by calling or emailing the counselors or classroom teacher. Some reasons that you might request a meeting is if you are concerned about your child because of:
 - a difficult life event that the family is going through (for example, a loss, conflict, recent move),
 - frequent, recurrent and disruptive emotions (such as anxiety or sadness),
 - difficulty forming friendships
 - New unexplained change in behavior either at school or home.
- **Teacher referral:** A teacher may refer your child to see me if he or she is
 - in an agitated state,
 - frequently having difficulty socially or emotionally
 - regularly exhibiting emotions or behaviors that are keeping him or her from being able to focus on school
- **Self-referral:** A student may ask to come see me if he or she is regularly
 - Feeling very upset and cannot concentrate on school.
 - dealing with a difficult social, behavioral, or emotional concern
 - worried about a classmate
- **Administrative referral:** The principal or assistant principal may refer you and your child to me if they feel that the student is turning up in their office due to social/emotional issues that may be better resolved in counseling than through discipline.