



COUNSELOR'S CORNER



INTRODUCTION

MY PROMISE TO YOU....

STUDENTS AND THEIR SUCCESS INSIDE AND OUTSIDE OF THE CLASSROOM ARE OF UTMOST IMPORTANCE TO ME AND SJCPS. I WILL STRIVE TO INSPIRE STUDENTS TO BE HAPPY, HOLY, AND HELPFUL BY ACTING RESPONSIBLY, RESPECTFULLY, AND SAFELY. I WILL DEMONSTRATE UNCONDITIONAL POSITIVE REGARD TOWARD STUDENTS AND ENCOURAGE THEM TO BE THE BEST VERSION THAT GOD CREATED THEM TO BE!!

Confidentiality

Much of my work with students is confidential, which means I respect your child's right to privacy. If there's something I think you as a parent or guardian need to know I will contact you.

Hi! My name is Julie Nguyen. 20/21 is my third year at SJCPS and my nine years as a school counselor in total. I am thrilled you decided to return to our school and entrust your student under our care and guidance during this unprecedented time. I'm a firm believer that "the best view comes after the hardest climb!" On a personal note, I enjoy spending time with my husband and our four rambunctious children (three of them are at SJCPS). As a family, we enjoy eating, going to the beach, travel to different states, gather with our extended families, friends, and everything else in between. Please know that I am ready and willing to support students, families, and our community during Covid-19 and beyond. Thank you for giving me the privilege to work with your student. I look forward to connecting with you and getting to know your student if I haven't already. Do not hesitate to call or email me if you have any questions or concerns. You are the reason that I'm here! Let's conquer this pandemic together with grace, resiliency, and fervent faith!

Contact Info:

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COUNSELING SERVICES AVAILABLE AT SJCPS:

Classroom Guidance Lessons that target skills on character education, emotional regulation, conflict resolution, communication skills, respect, bullying, executive functioning, team work, friendship, career exploration, and etc.

Brief Small Group Counseling: (4-8 weeks) to work on topic such as social skills, organization or school smart skills, self-esteem booster, grief, and etc. (Whichever needed as the needs arise.)

Brief Individual Counseling: short term counseling to meet the social, emotional, and behavioral goals of our school and classroom.

Consultation with teachers/parents, and principal:

identify areas that hinder student from reaching their full potential by initiating the SST process, monitor, and coordinate SST plan and develop appropriate accommodations to maximize student's learning needs.

Provide immediate support in crisis situations

Make referrals to outside agencies and community resources:

for long term mental health treatments and therapies.

SOCIAL/EMOTIONAL LEARNING RESOURCES:

Parentingpod.com- is a team of doctors and psychologists who offer resources for parents on behavioral issues in children and adolescents.

GoNoodle- goNoodle® gets kids up and moving to fun, engaging content and games. It's great for brain breaks.

Ucando.org/kids.html

childmind.org- the #1 online resource for children's mental health information

sandfordharmony.org-provides free social-emotional learning program into the classroom, including training, lessons, activities, videos, stories, games, and songs.

centervention.com: free social emotional resources that include lessons, activities, and printables – in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation.

NIMH: National Institute of Mental Health-federal agency for research on mental disorders.

