



## Dear Parents

I am Eszter Caulfield, the new school counselor at Assumption. I am available to support you and your child to have a successful school year. The primary goal of the school counseling program is to help children learn and be successful both academically and socially. Therefore, I aim to help remove the barriers that block children from being successful learners and the best versions of themselves by assessing their needs and providing services in the classrooms, and individually when needed, to meet their needs. I work with students, parents, and teachers to address the needs of every student. The school counseling program offers services to support students' academic, social, and personal development.

### Why do children need school counseling?

School counselors improve students' attitudes and behaviors towards learning which contributes to higher student achievement.

Children who understand their feelings and emotions have better control over their behaviors.

Stress has a negative effect on school performance; however, stress management techniques can improve the student's ability to focus and learn.

Children perform better when they feel good about themselves and their relationships.

Children are best supported when the school, parents, and teachers work in collaboration to address their needs. School counselors work with and support students, parents, and teachers to achieve that goal.



### Contact information

Please feel free to contact me at [ecaulfield@school.assumption.org](mailto:ecaulfield@school.assumption.org)  
I am available to meet in person on Mondays between 8 am and 3 pm by appointment.

### What types of counseling services are offered?

**Small group counseling** allows students to engage in activities and experiment with new behaviors while learning from and providing feedback for one another.

**Individual counseling** focuses on specific concerns or behaviors that affect the student's well-being and consequently their performance. It is not to be confused with therapy as individual school counseling provides only short-term, solution-focused support to students.

#### Other services:

**Consultation** with teachers and parents/guardians to plan services that address the needs of every student.

**Referrals** to agencies in the community if needed.