

# MEET the counselor

Mrs. Tami Nelson, Wrights Mill Road  
Elementary

## About Me:



This is my 8<sup>th</sup> year at Wrights Mill Road Elementary School. I am from KY but I've lived, taught and/or been a school counselor in 6 states. However, I do believe that the NEST IS BEST!! I am looking forward to getting to know you and your family better this year.

## Philosophy:

Every individual child has the right to learn in an environment that encourages growth and expansion. All students can acquire the skills to be successful across their lifespan.

## Education:

I received my BS in Early Childhood Education from SIU and my MA in School Counseling from Murray State University (where my 2 boys are currently in school).

# MEET the counselor

Mrs. Tami Nelson - WMR

## Parts of My Job:

- Individual Counseling
- Teaching Classroom Lessons
- Small Groups
- Parent Workshops
- Career Exploration
- Academic Support
- Collaboration
- Behavior Intervention
- Crisis Response
- School-Wide Initiatives
- RTI
- Special Programming
- Coordinating Social Services



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334-887-1990

## Communication:

If you'd like to set up an appointment with me to discuss your student's needs or would like to refer your student for brief short-term counseling services, please send me an email! THANKS!

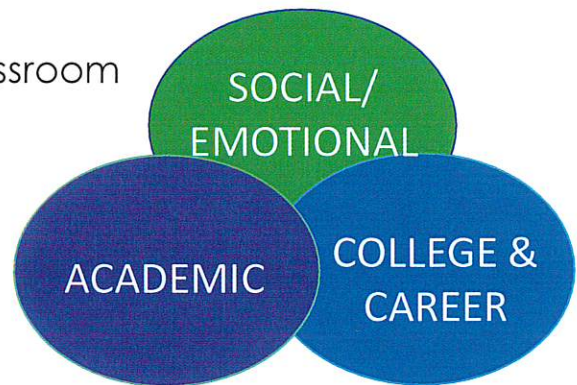
# SCHOOL COUNSELING

## Frequently Asked Questions :

**Q:** What does an Elementary School Counselor do?

**A:** We work to deliver a comprehensive, data-driven school counseling program focused on direct and indirect student services. We do this through tiered program planning and implementation of classroom lessons, small groups, individual counseling and more!

Our 3 domains that we focus on for classroom Lessons are :



**Q:** Can you provide my student with counseling?

**A:** Sure! I am happy to work with your student on a short-term basis. Individual counseling with me is brief and solution focused in nature. I typically meet with a student for about 4-6 sessions before making other referrals. School counseling services are not a substitute for therapy. If your student needs therapy or other intensive services, I am happy to collaborate with you to make the appropriate referrals for those supports.

**Q:** Can my student be a part of a small group?

**A:** Possibly! Small groups are formed based on need, grade level scheduling, universal screening data, teacher recommendation, and individual student screening. If your student would be a good fit for a group I will be running, I will send home consents and more information.

# PARENT

## Reading Ideas

In case you are a book lover like me and looking for any reading ideas, I've compiled a list of books on the topics of parenting, relationship with kids, child well-being, etc. I haven't read every single one but many come highly recommended from colleagues in the field. I'm currently working my way through the list. If you choose to read one or two, let me know what you think!

- Parenting With Love And Logic by Foster Cline
- Easy to Love, Difficult to Discipline by Becky A. Bailey
- Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic Paperback by Mary Sheedy Kurcinka
- UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World Paperback by Dr. Michele Borba
- Transforming the Intense Child Workbook Paperback by Howard Glasser
- Explosive Child, The: A New Approach For Understanding And Parenting Easily Frustrated, Chronically Inflexible Children Paperback by Ross W. Greene
- No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind Paperback by Daniel J. Siegel
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind Paperback by Daniel J. Siegel
- How to Talk So Kids Will Listen & Listen So Kids Will Talk Paperback by Adele Faber
- Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World Paperback by Rosalind Wiseman
- Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World Paperback by Rosalind Wiseman
- Girls Without Limits by Lisa Hinkelman
- The 5 Love Languages of Children: The Secret to Loving Children Effectively Paperback by Gary Chapman
- Brainstorm: The Power and Purpose of the Teenage Brain Paperback by Dr. Daniel J. Siegel
- Raising Human Beings: Creating a Collaborative Partnership with Your Child Paperback by Ross W. Greene Ph.D
- Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids Paperback by Kim John Payne