

"Educating the mind without educating the heart is no education at all."

~ Aristotle



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Pick Elementary

School Counseling Program





Students, we are here to help you with...

- Working out personal and school related issues
- ✓ Improving your grades
- ✓ Making friends
- ✓ Feeling good about yourself
- ✓ Adjusting to a new school
- ✓ Learning how to make good decisions
- ✓ Getting along with brothers and sisters
- ✓ Planning for middle school
- ✓ Dealing with peer pressure and bullying
- ✓ Learning effective study skills
 - ✓ Anything that is important to you!

Services provided by the PES School Counseling Program include the following:

- ☐ Bimonthly guidance lessons on the 7 Habits of Happy Kids, college and career readiness, and grade transition assistance
- ☐ Brief, solution focused small group & individual work on topics like divorce, grief, emotional regulation, & study skills
- ☐ Referrals to outside community resources and agencies as necessitated
- ☐ Personal safety education in accordance with Erin's Law
- ☐ Collaboration and consultation with parents and staff to ensure individual student success



Ways Parents/Guardians can help their children succeed...

- ✓ Encourage learning both in and out of school, reading at least 20 minutes a day at home
- ✓ Ensure consistent attendance in school without tardiness
- ✓ Maintain communication with principals, teachers, and counselors
- Encourage homework every day
- ✓ Participate in school activities
- ✓ Celebrate their child's successes and recognize that mistakes or failures are part of the learning process
- ✓ Listen to concerns
- ✓ Have fair, reasonable, and consistent rules
- ✓ Help their child learn that all behavior has consequences - positive or negative