

# School Counselor

Kara Morgart

Wilcox Primary

## The importance of Social Emotional Learning

Social Emotional Learning (SEL) is the process through which students learn and apply the knowledge, attitudes, and skills to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible choices.

## Services Provided

- Classroom Guidance Lessons
- Small Group Counseling
- Short-term Individual Counseling
- Crisis Intervention
- Consultation with parents and teachers
- School and Community Resource Referrals

## Elementary Counseling Services

Students, I am here to help you with:

- Learning and managing feelings
- Working well with others
- Feeling good about yourself
- Learning how to make good decisions
- Dealing with transitions
- Mediating conflicts and peer pressure

**Please note:** School counselors do not provide “therapy” or long-term counseling.



Twinsburg City School District

## Parents

Parents, I am here to help you with:

- Exploring ways to help your child
- Communication with your child
- Referrals for school and community resources
- Understanding the developmental changes of childhood
- Supply reference materials
- Provide information to help understand your child's needs

## Contact Me

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