

Supporting the Whole Child

If you would like to talk with St. Eugene's School Counseling Intern about how best to support your student, please reach out to:

Mrs. Jenifer Hilander,
M.S. Counseling

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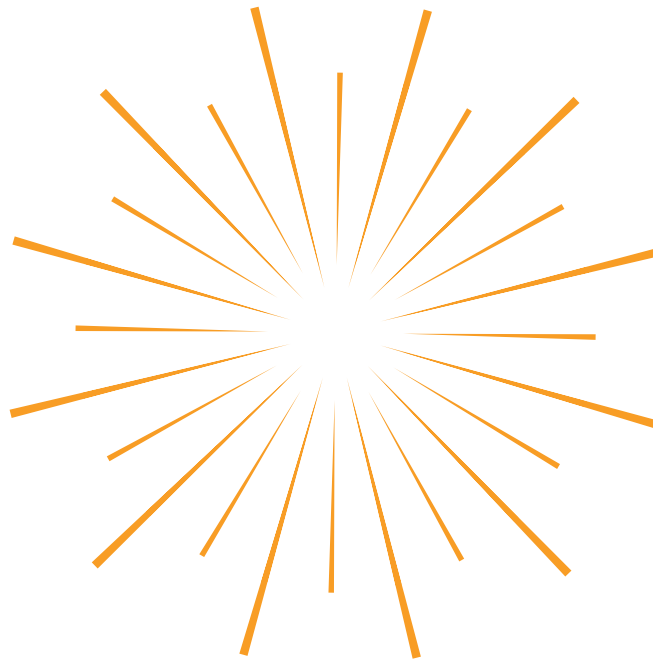
I will be at St. Eugene School on Tuesdays and Thursdays and by appointment.

Please reach out to me by email and we can arrange for a time to speak in person or by phone.



Be
JOYFUL in Hope
PATIENT in Affliction
FAITHFUL in Prayer

-Romans 12:12



Nothing can dim the
LIGHT from within.

-Maya Angelou

St. Eugene School Counseling



The counseling program is based on the National American School Counseling Association (ASCA) standards and the Collaborative for Academic and Social and Emotional Learning (CASEL), and aims to enable each student to achieve success and thrive in school and beyond.



St. Eugene School
Guiding hearts, growing minds

Growth Mindset

Ways to help support your child

What School Counselors Teach

SOCIAL AND EMOTIONAL DEVELOPMENT

ACADEMIC AND CAREER DEVELOPMENT

TALK ABOUT IT

Talk with your child about his or her day. Guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn from it?
- What did you work hard on today?

CELEBRATE MISTAKES

(say what?)

Allow your kids to fail and make mistakes. But isn't that hard to do?! And why would you want to do that if you can help them succeed? Making mistakes is how we learn. Remind your child that each time she fails and tries again, her brain is growing stronger!

PRAISE EFFORT OVER SUCCESS

Instead of focusing your attention on the times when your child is successful, recognize the times when they are putting effort into what they are doing. Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

- **Self-awareness:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
- **Social awareness:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
- **Emotional awareness:** The abilities to work with one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
- **Responsible decision-making:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
- **Relationship skills:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

- Collaboration with teachers, administrators, and parents on early identification and intervention of children's academic and social/emotional needs, which is essential in removing barriers to learning and developing skills and critical for academic achievement.
- Skills and strategies that support learning in school and across the lifespan.
- To develop a deep and enduring sense of curiosity about one's gifts and those of others. And to practice sharing those gifts within the school community in preparation for continued learning and growth.

