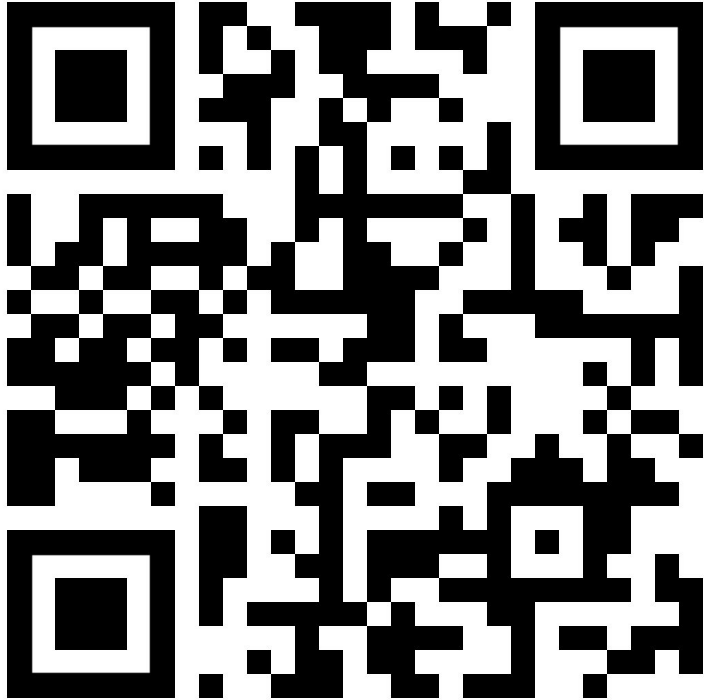


Meet the School Counselors

PTA Meeting
January 11, 2022



Questions?



During the presentation, if you have any questions, please fill out the Google Form. This QR code will be at the bottom of each slide.

Carrie Strohl

- Originally from NC
- Graduated from East Carolina University with a BS in Elementary Education with a Reading concentration and a MS in Counselor Education.
- 11th year in APS, 15th overall in education
- Taught 2nd grade, 3rd grade, reading intervention, and a school counselor
- Enjoys spending time with her husband, Ryan, and son, Garrett, reading, cooking, and Orangetheory classes.
- I am thrilled to be a school counselor for our Huskies!



Katie Holman

- K-2 Counselor and STC
- Grew up in Northern Virginia, attended Fairfax schools
- Earned my B.S. degree in Human Development from Virginia Tech in 2019
- Completed my M.Ed. in Counselor Education from UVA in 2021
- This is my first year with APS! I am so grateful to be working with Innovation this year
- In my free time I enjoy cooking, spending time with friends and family, and hiking



Who Are We?

Professional school counselors are educators who address students' academic, personal/social and career development needs

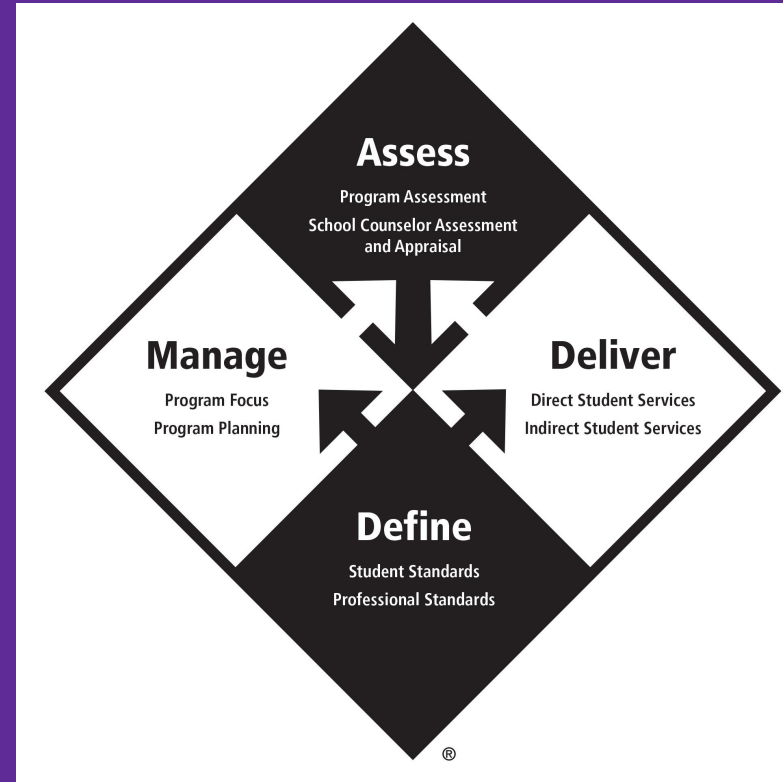


ASCA Model

Professional school counselors design, implement, and evaluate a comprehensive school counseling program that promotes and enhances student success based on the American School Counseling Association (ASCA) National Model.

The American School Counselor Association (ASCA) created the ASCA National Model, which is a framework for a comprehensive, data-driven school counseling program.

The American School Counselor Association (ASCA) and VA Department of Education (VDOE) provide guidance and standards in the implementation of social emotional learning.



School Counseling Program

- **Core Curriculum:**
classroom lessons in grades K-5
- **Small Group Counseling:**
Work with a group of around 6-8 students on topics such as interpersonal relationships with peers and/or adults, attendance, academics, or coping with life changes.
- **Individual Counseling:**
One-on-one counseling with students about school, friends, family, etc.
- **Consultation/Collaboration:**
Work with teachers, staff, administrators and families to provide information and resources to support the social-emotional, academic, and personal needs of students.



Counseling Lesson Themes:

Skills for Learning

Empathy

Emotion Management

Problem Solving

Bully Prevention

Child Protection (Safety)

Career

Diversity, Equity and Inclusion



Example small group topics

- Making Healthy Choices
- Respect
- Respecting Differences
- Emotions/Feelings
- Goal Setting
- Friendship
- Organizational Skills
- Conflict Resolution
- Personal Safety
- Social Skills



How to contact us:

Katie Holman (K-2)

- Teachers email me or fill out counselor request form
- Parents can email me with questions, comments, or concerns at:
katherine.holman@apsva.us
- Office number 703-228-2712
- Room 117

Carrie Strohl (3-5)

- Students scan a QR code in their classrooms to meet with me and teachers can email me or fill out a request form.
- Parents can email me:
carol.strohl@apsva.us

Or call during my daily hours of
8:30-4:00

703-228-2711



Questions?



If you have any questions,
please use this QR Code to fill
out the Google Form.