



Meet the
SCHOOL COUNSELOR

True or False:

You can talk to your school counselor about BIG problems and small problems?

A) True

B) False

True or False:

Whatever the problem, your school counselor can tell you exactly what to do.

A) True

B) False

Multiple Choice:

Confidentiality means...

A) You can be confident that I will listen to you

B) Everything we talk about stays between us unless you are in danger or someone else is in danger

True or False:

Your school counselor will keep anything you tell her 100% private.

- A) True**
- B) False**

True or False:

Your counselor tells your parents or teachers everything you have shared with her.

A) True

B) False

Multiple Choice:

The best time to talk to your school counselor is...

A) During lunch or recess

B) During class

C) Between classes

Question:

What is a problem you might experience at school that your school counselor could help you with?

- **Fight with friends**
- **Feeling anxious or sad**
 - **Family troubles**

Question:

Who are some other people you can talk to if you are having a problem?

- **Counselor**
- **Teacher**
- **Principal**
- **Friends**
- **Parents**

True or False:

I will keep it a secret If someone is hurting you, you are hurting yourself, or you are hurting someone else.

- A) True**
- B) False**

Agree or Disagree:

Sometimes it is hard to talk to the school counselor because you don't want your friends to know.

- A) Agree**
- B) Disagree**

Finish the sentence:

One thing I want my school counselor to know about me is.....

Multiple Choice:

I want my school counselor to do a lesson on

- A) Conflict Resolution**
- B) Feeling anxious/nervous**
- C) How to make healthy choices**

Multiple Choice:

A school counselor is someone who...

A) helps you and supports you when you are happy, sad, or frustrated

B) you come visit when you are in trouble

Agree or Disagree:

It is hard to confront my friends if I am upset/angry with them.

- A) Agree**
- B) Disagree**

Finish the sentence:

My favorite thing about school is....

Question:

What is one of your strengths and/or something you are really good at?

Finish the sentence:

A goal I have this year is to....

Multiple Choice:

Something I want to know about my counselor is...

- A) The strangest thing she has ever eaten**
- B) The most adventurous thing she has ever done**
- C) Why she is a school counselor?**

Question:

What is something that makes you feel frustrated?

Multiple Choice:

Mindfulness is...

A) Being very calm

A) Mindfulness is taking notice of how your body feels and what your mind is doing in the moment.

Multiple Choice:

What does it mean to have a growth mindset?

- A) When someone believes that they can learn, change, and develop skills.**
- B) When someone believes that they only have certain abilities and cannot change them.**

Finish the sentence:

My least favorite thing about school is...

True or False:

The only time you'll work with your school counselor is if you have a problem

- A) True**
- B) False**

Multiple Choice:

If you want to make an appointment with the counselor you can...

A) Tell your teacher/counselor

B) Leave the counselor a note

C) Both A and B

Agree or Disagree:

It easy for me to talk about my feelings.

- A) Agree**
- B) Disagree**