

Dear Parents,

Hello, my name is Lori Dietrich. I am the guidance counselor for grades Pre K-12. Each year I visit classrooms from Pre K- Grade 12. In the beginning of each year, I discuss with the students what my role as a guidance counselor includes. Below are some of the sentences that students wrote about my position here at KAS.

- Counselors help parents with questions.
- Counselors help students if they are having difficulties in classes.
- Counselors help friends that are in a fight.
- Counselors help students to make the right choice.
- Counselors help students set goals.
- Counselors help new students find friends at school.
- Counselors work with teachers to make all students successful.
- Counselors help out around the school to make the campus safe.
- Counselors help high school students choose classes.
- Counselors help kids when a family member dies.
- Counselors help students that are sad because of a problem at home.
- Counselors are here at school to make all students feel happy and healthy.
- Counselors listen to kids when they feel upset.
- Counselors help students think about what jobs they want to do someday.
- Counselors are at school to remind students about their strengths.
- Counselors talk to kids about their fears.
- Counselors help students identify interest areas and find professions to match their area of interest.
- Counselors help students find the right college for their needs.
- Counselors help students to work out problems.
- Counselors help students to plan for their future.

Although this is not an extensive list of my responsibilities, it does give both my students and you as parents an idea about how I can help you and your child throughout the school year.

After brainstorming about what a counselor does I usually have younger students draw pictures to match the statements. Older students enjoy learning about my position by guessing which statement matches with each picture.

In middle school, I introduce students to Naviance. This program helps students think about their own personality and what careers match their interests. When working with high school students, I explained what they could come and see the counselor about and then we talked about testing and upcoming deadlines for college. Seniors usually spend their time working closely with the college counselor.

The main reason I want to share what I typically do with students is because it is so important that we work as a team. While working with students I will follow the American School Counseling Association Standards (ASCA), which focus on three domains. The domains are academic, career, and personal social. It is essential that you understand I am not a psychologist but instead I will focus on a proactive approach to helping your child be successful and reach his/her highest potential. The American School Counseling Association guidelines focus on preventative counseling that benefits all students to maximize learning and help students to lead fulfilling lives as responsible global citizens.

My primary responsibility is to advocate for students. Hopefully with feedback from parents, teachers, staff and administration, we can work as a team to best serve the needs of all students here at KAS. Research shows that people cannot learn when they feel upset or stressed so it is very important we teach children that is healthy to talk about our feelings. Counseling is not only for people with problems or for those who are sick. I like to compare counseling to exercising or eating healthy. Should we wait until we are sick to take care of our body or does it make sense to exercise and eat healthy before you become sick? I believe we all know the answer to that question. Counseling is much the same way. Even the healthiest individuals face stress in their lives and could use a proactive healthy approach to talking about our feelings.

I believe together we can create the safe protective environment for all students to achieve to their highest potential and prepare them for their future. Please contact me if you have any concerns or questions. Also remember that your concerns can be kept confidential. Please remind your children to sign up on the clipboard on my desk if they have a concern as well.

Thank you for your support.

Sincerely,

Lori Dietrich
Guidance Counselor
Pre K-12
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