



August 22, 2016

Dear Parents and Guardians,

Welcome to the 2016/2017 school year. I hope everyone had an enjoyable and fun filled summer. I would like to introduce myself to you as your son/daughter's School Counselor.

As your son/daughter's School Counselor, my primary responsibility is to promote the academic, personal/social, and career development of all students. I also look forward to offering support to students, staff, families, and the community. I will be available to meet with students individually and in small groups, conducting information sessions on college, career, and social/personal topics. I will be collaborating with teachers and staff, and consulting with the community to best meet the needs of all Frost students and families.

Any student may request to meet with me or the student may be referred to me by a teacher, administrator, or parent. I encourage you to reach out if you have concerns regarding your son/daughter.

I am excited to have the opportunity to work with you and your child/children this school year.

Warm regards,

Lara Herd
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Frost School Counselor
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*"Go confidently in the direction of your dreams! Live the life you've imagined."
~ Henry David Thoreau*

Counselor's Goals

- To assist students with educational, personal, career and goal planning.
- To develop personalized programs based on each student's strengths and needs.
- To help students understand themselves and others.
- To assist students in identifying and dealing with problems
- To provide crisis intervention when necessary.
- To serve as a resource to students, parents, and staff.

Reasons to Contact the Counselor

- Academic skills support
- Career preparation
- Postsecondary planning and application process
- School adjustment issues
- Coping, problem-solving, decision-making concerns
- Organizational, study and test-taking skills
- Peer relationships and conflict resolution problems
- Divorce, separation and family changes
- Experiencing loss, death and grief
- Substance abuse awareness
- School-based and community resources information or referrals.

"Be somebody who makes everybody feel like somebody." ~ Kid President