

All About Me



Hello, Washington School Families!
My name is Mrs. Dykeman. This is
my Thirteenth year as a school
counselor at Sterling Public Schools.
I am so excited for a new school year
to start ~



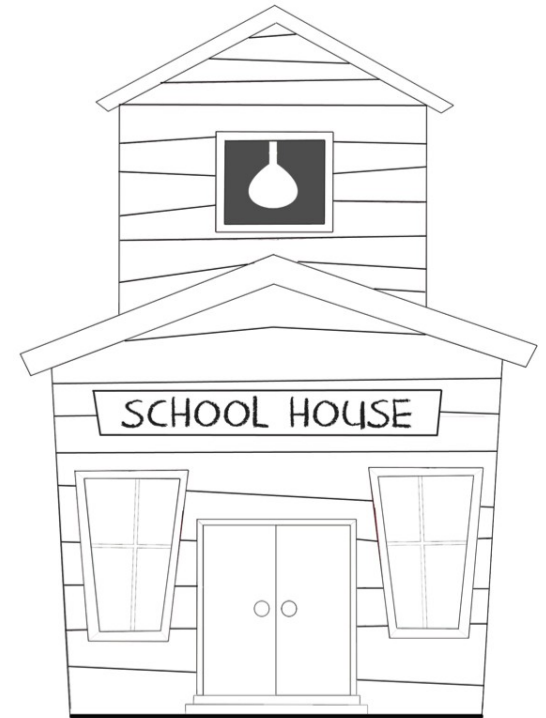
- " You have worth and value.
- " You have the ability to make wise decisions.
- " You deserve to be treated with dignity and respect.
- " You are ultimately responsible for your choices.
- " You have strengths that can be built upon.
- " You should never, never give up.



NOTHING
CAN DIM THE
light
FROM WITHIN

-Maya Angelou

INTRODUCING YOUR SCHOOL COUNSELOR



Mrs. Dykeman



NCC & LPC

MY SCHEDULE



- ❖ I am at Washington every day.
- ❖ My days are spent providing classroom guidance lessons, working with individual students, and conducting small group sessions.
- ❖ I am available in the mornings at 7:45 or after school until 3:30 to meet with students and families
- ❖ I am with students in the lunch room from 11:00 a.m. to 12:30 p.m..
- ❖ I am also available for meetings during the day-please call to set up a time

School Counselors Make a
World of Difference



HELPFUL WEBSITES



- ❖ For information regarding Second Step <http://www.secondstep.org/>
- ❖ For information regarding PBIS <http://www.midwestpbis.org/>
- ❖ For more information regarding what an elementary school does <https://www.schoolcounselor.org/asca/media/asca/Careers~Roles/WhyElem.pdf>

CONTACT ME



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LIST OF SERVICES



- ❖ **Students:**
 - ✓ Resolving friendship problems/making new friends
 - ✓ Coping Skills
 - ✓ Improving self-esteem
 - ✓ Handling family changes
 - ✓ Managing feelings (stress, worry, anger, etc.)
 - ✓ Academic Success
- ❖ **Parents and Families:**
 - ✓ Explore ways to support your child (academic and social/emotional)
 - ✓ Referrals for community resources
- ❖ **Schoolwide:**
 - ✓ Social Emotion Lessons
 - ✓ Mix It Up day
 - ✓ No Name Calling Week