

## Who Do We Help?

### LSCs help students with:

- Academic planning and support
- Career and college planning
- Decision making and conflict resolution
- Short term individual/group counseling
- Difficult family situations
- Friendship concerns and issues
- Bullying concerns
- Personal/social skills
- Self-awareness
- Study skills and learning styles

### LSCs help families with:

- Academic planning information
- Assessment results interpretation
- Community resources
- Consultation
- Navigating education systems
- Parent information/conferences

### LSCs help school and teachers with:

- Academic and behavioral interventions
- Consultation
- Crisis prevention planning
- Crisis intervention and management
- Data analysis
- Reducing behavior problems
- School-wide needs assessment
- Understanding student needs

## Contact Information

### Licensed School Counselors (LSCs)

Robin Kazek Class of 2021 Counselor 651.425.6409 rkazek@sowashco.k12.mn.us	Jamie Jankowski Class of 2023 Counselor 651.425.6491 jjankows@sowashco.k12.mn.us
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Class of 2022 Counselor  
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### Counseling Administrative Assistant

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Additional information about the LMS Counseling Department can be found on our website:

“<http://www.lms.sowashco.org/about-us/counseling>”

## Additional Information

### Minnesota School Counselors Association

MSCA actively promotes excellence in the profession of school counseling by providing the leadership, advocacy, support and resources needed to instill student success in school, home and the global community. [www.mnschoolcounselors.org](http://www.mnschoolcounselors.org)

### American School Counselor Association

ASCA supports school counselors' efforts to help students with academic, personal, social, and career development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society. [www.schoolcounselor.org](http://www.schoolcounselor.org)

Lake Middle School

# Professional School Counseling Program



*Creating College and  
Career Readiness for All*



South Washington County Schools  
[www.sowashco.org](http://www.sowashco.org)

# Lake Middle School Counseling Department

## Vision Statement:

The vision of the Lake Middle School Counselors is...**”Every Child College (academic), Career (career), and Community (personal social) Ready - 3CR”**

## Mission Statement:

In the South Washington County School District and Lake Middle School, the mission of middle school professional school counseling is to provide a comprehensive developmental school counseling program focused on academic, personal, social and career development for all students, which fosters lifelong learners that are college, career and community ready.

## We Believe:

- Every student can learn.
- All students have an equal right to access a licensed school counselor (LSC) and to participate in a comprehensive school counseling program designed to address academic, career, personal and social issues.
- All students should be provided with a school counseling program that will be consistent with expected developmental stages of learning and differences in learning styles.
- Learning involves the education of the whole person and is a continuous, lifelong process.
- Learning requires the active participation, mutual respect and individual accountability of students, teachers, staff, parents and community members.
- Diversity is to be respected and appreciated as we foster unity among our students, faculty, staff and community.
- LSCs should implement and manage data-driven programs to support closing-the-gap interventions and activities.
- LSCs should annually evaluate the program through data, reflection and feedback from the school community.
- LSCs should adhere to the American School Counselor Association ethical guidelines and standards.

## What Research Tells Us:

### **Counseling enhances academic interventions for students**

Students who receive counseling in addition to tutoring improve significantly in achievement classroom behavior and self-esteem over students who receive tutoring alone (Edmondson and White, 1998).

### **Counseling helps students relate course choices to career and future goals.**

When students have regular contact with LSCs, their ability to understand the importance of their educational choices as related to postsecondary education and future career choices increases (Peterson, Long, and Billups, 1999).

### **Balanced counselor caseloads improve student behavior.**

Lower student to counselor ratios decrease both the number of students involved in disciplinary infractions and the number of repeat offenses by individual students (Carrell and Carrell, 2006).



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Edmondson, J.H., & White, J. (1998). A tutorial and counseling program: Helping students at risk of dropping out of school. *Professional School Counseling*, 1(4), 43-47.

Peterson, G.W., Long, K.L., & Billups, A. (1999). The effects of three career interventions on the educational choices of eighth grade students. *Professional School Counseling*, 3(1), 34-42.

Carrell, S., & Carrell, S. (2006). Do lower student-to-counselor ratios reduce school disciplinary problems? *Contributions to Economic Analysis & Policy*, Vol. 5: Iss. 1, Article 11.

## A Comprehensive Guidance Program

As LSCs, we provide a comprehensive school counseling program focused on academic, personal, social, and career development for all students. We provide proactive leadership and advocate for students through systemic change. We strive to close learning gaps in order to empower all learners with the knowledge, skills, and attitudes for success. We meet these needs through systemic guidance curriculum, individual student planning, responsive services, and system support. LSCs work with students during classroom lessons, small group meetings, and individual sessions. LSCs are liaisons to facilitate connecting families and staff to community resources and educational development opportunities.

## What are Licensed School Counselors?

LSCs are licensed educators who hold a Masters degree in school counseling from an accredited program and are licensed by the MN Board of Teaching. We are trained in program development and management, developmental psychology, psychology of student learning, group and individual counseling, crisis counseling, consultation and referral methods, career development theory, educational system structures, curriculum development, use of data, and ethics.