

# Common Reasons to Contact The School Counselor

- Grief
- Worry or anxiety
- Sadness or depression
- Low self-esteem
- Difficulty regulating emotions
- Conflicts with friends or peers
- Behavioral concerns
- Academic concerns/support
- Test anxiety
- Difficulty being assertive and asking for help
- Crisis Intervention-Thoughts of self-harm or suicide
- Familial change
- College and Career Awareness

## How to see the school counselor:

- ★ Student Self-referral
- ★ Parent referral
- ★ Administrative, teacher, or other staff referral
- ★ Referral by friend(s)

# Meet The School Counselor



Geneva Perry  
M.S., PPS  
MTSS Elementary  
School Counselor

My name is Geneva Perry & I'm excited to be your MTSS School Counselor! I was born & raised in Moreno Valley, California - an Inland Empire native! I have been a school counselor for the past 6 years now and love every moment of it!

With a passion for student advocacy, I achieved:

- Bachelor's of Arts in Psychology from UC Riverside
- Masters in Education and Clinical Counseling, PPS credential at Azusa Pacific University
- Specialist Certifications in Restorative Practices; Anxiety & Stress; Grief & Loss; Trauma & Crisis; Mental Health; Culturally Sustaining Counseling; & Diversity, Equity & Inclusion.

In my free time I enjoy spending time with my family and friends. I enjoy the outdoors, hiking, reading, traveling, eating at new restaurants, exercising, and more!

I highly value equity & believe in the personal dignity & value of each student & family that I serve!

### Contact Information:

Email: [gperry@riversideunified.org](mailto:gperry@riversideunified.org)  
Phone Number: (951) 788-7462 ext 41027  
Website:  
[emerson.riversideunified.org/](http://emerson.riversideunified.org/)

*\*\*\*Confidentiality and your family's privacy are important to me. What you or your child discuss with a counselor is private except in cases required by law (when abuse or neglect are suspected).\*\*\**

# School Counseling Program



Emerson Elementary School  
Riverside Unified  
School District

## Classroom Lessons

School Counselors provide classroom lessons that are social/emotional, college & career, and academic driven.

Our goal is to help students learn something about themselves & their development, such as self-concept, self-awareness, self-management, decision making, study skills, friendship, healthy habits, career information, & good citizenship.

Led by school counselor & classroom teacher\*.

*\*Research states that a partnership of teaching & counseling is the highest form of affective education!*

### Additional School Counseling Services:

- Preventative services, developmental activities, & remedial interventions
- Crisis Intervention
- Collaboration with parents, teachers, other helping professionals, & administration for student success
- Collaboration & referrals with outside community resources

## Small Groups

Student helping relationship in small groups allowing students to share ideas about specific issues such as;

- Anxiety/Worry
- Family Changes
- Friendship Groups
- Academic Support
- Social Skills/Regulation
- And More!

Led by school counselor throughout the week for 6-8 sessions total per group.

## Short-Term Individual Counseling

Short-term, solution-focused student helping relationship individually exploring student concerns as well as making SMART goals & action plans.

Led by school counselor until concerns are addressed and goals are achieved.

School counselors strive to impact student growth in three areas:

Academic Development

Career Development

Social/Emotional Development

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