

SAN CARLOS SCHOOL DISTRICT
School Counselors
Beginning of School Year Report
2017-2018



Front row (left to right): Vivian Garlick at Tierra Linda MS and Mariposa Upper ES 5th gr, Kim Arasato at Brittan Acres and Mariposa 5th gr. Upper ES, Andrea Dimas at Arroyo Upper ES.
Back row (left to right): Wendy Salazar at Heather ES and Mariposa 4th gr, Julie Jobak at Central MS and Arroyo Upper ES, Laura MacFarlane at White Oaks ES, Meredith Larsen at Arundel ES and Mariposa 4th.

The San Carlos School District, San Carlos Educational Foundation, and The Healthy Schools Initiative of the Sequoia Healthcare District provide funding support that ensures all children have access to School Counseling services and programs at all San Carlos Schools. Each school PTA committee generously provides funds for books, materials, and social learning games for our School Counselors. Below is our first report of the 2017-2018 school year.

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UPDATES ON SCHOOL COUNSELING PROGRAM AT SCSD

Changes within SCSD Counseling Program

With the addition of Arroyo Upper Elementary School this past year and Mariposa Upper Elementary School opening next year, our counseling program at SCSD is growing and changing. With support from Sequoia Healthcare and SCEF, we were able to hire two new counselors. We also were able to hire a full-time mental health therapist to help support our program this year.

Wendy Salazar is starting her third year as School Counselor at Heather Elementary School. We would like to congratulate her for becoming a Licensed Clinical Social Worker this past school year. She loves the Golden State Warriors, dancing, and her dog. When free, she enjoys spending time with family and friends.



Laura Macfarlane is a welcome addition to White Oaks Elementary School this year. Since beginning her career, Laura has worked as a school counselor in Massachusetts, in Portola Valley and in San Carlos at Brittan Acres from 2001-2011. She has also worked in community mental health agencies and most recently as a child therapist in private practice.

Andrea Dimas is our new School Counselor at Arroyo Upper Elementary School. Mrs. Dimas was a substitute counselor for Arundel two years ago when Meredith Larsen was on maternity leave. Mrs. Dimas has a masters degree in Counseling from San Francisco State University, a Pupil Personnel Services Credential, and a License in Marriage and Family Therapy. She is a mother of two active boys, enjoys doing arts and crafts, playing volleyball, and snowboarding during her leisure.



Shannon McGilloway formerly the school counselor at White Oaks Elementary has transferred to a role as the full-time Mental Health Lead Counselor and is now working out of the district office. Shannon is starting her third year with SCSD. She holds a bachelor's degree in psychology and master's degree in counseling psychology from the University of San Francisco's School of Education. She is also a licensed Marriage and Family Therapist.

Counselors who have been with SCSD

Meredith Larsen is the full time counselor at Arundel Elementary School and Mariposa 4th grade. She is celebrating her 10th year with SCSD as a school counselor this year. Mrs. Larsen holds a Pupil Personnel Services Credential and is a Licensed Marriage and Family Therapist and graduated from San Francisco State University. She is very passionate about teaching social and emotional learning, soccer, and SF Giants baseball.



Kim Arasato is beginning her fourth year as a school counselor for SCSD. She has been a counselor for the past 20 years in Ohio, Texas and California. She is at Brittan Acres Elementary School and Mariposa 5th grade. Ms. Arasato holds a Pupil Personnel Services Credential and a Master's of Education in School Counseling from Bowling Green State University in Ohio. She is passionate about Art, mindfulness, family, and The Ohio State Buckeyes.

Julie Jobak is at Central Middle School and helping at Arroyo Upper Elementary. She has been working at CMS for 15 years and was a graduate of CMS as well. Ms. Jobak holds a Pupil Personnel Services Credential and a Master's of Art in Educational Counseling from San Jose State University. She is passionate about mindfulness, animals and spending quality time with others.



Vivian Garlick is a full time counselor at Tierra Linda Middle School and helping at Mariposa Upper Elementary this year. She has been working at TL for 16 years and was their first school counselor after they reopened in 2000. Ms. Garlick holds a Pupil Personnel Services Credential and is a Licensed Marriage and Family Therapist and graduated from San Francisco State University. She lives in San Francisco with her husband, son and dog. She is passionate about yoga and mindfulness.

Understanding the Credentials of School Counselors

The Pupil Personnel Services Credential (PPSC) with School Counseling Specialization authorizes counselors to serve in a school setting at any grade level TK - 12. It allows School Counselors to perform the following duties:

- Develop, plan, implement, and evaluate a school counseling and guidance program that includes academic, career, personal, and social development.
- Advocate for the high academic achievement and social development of all students.
- Provide school-wide prevention and intervention strategies and counseling services.
- Provide consultation, training, and staff development to teachers and parents regarding students' needs.
- Candidates with a School Counseling credential must already hold an appropriate Master's Degree in one of the following programs: Counseling, Psychology, Marriage and Family Therapy, or Social Work.

SCSD Elementary School Counselor's Credentials

At minimum, School Counselors must obtain a Pupil Personnel Services Credential and hold a Master's Degree. Additionally, School Counselors partake in ongoing professional development and attend conferences to keep abreast of current practices. But did you know that many of our SCSD Elementary School Counselors have additional training and credentials? Take a look!

Kimberly Arasato, M.Ed., PPSC - Master's Degree in School Counseling and Bachelor's Degree in Elementary Education with a Minor in Psychology from Bowling Green State University in Ohio. Pupil Personnel Services Credential. 20 years experience in OH, TX, and CA.

Andrea Dimas, LMFT, PPSC - Master's Degree in Counseling with a specialization in Marriage, Family & Child Counseling, and an emphasis in School Counseling from San Francisco State University. Bachelor's Degree in Mass Communication from the University of California, Berkeley. License in Marriage and Family Therapy. Pupil Personnel Services Credential.

Vivian Garlick, LMFT, PPSC, NBSC, NBCC- Master's Degree in Counseling with a specialization in Marriage, Family & Child Counseling, and an emphasis in School Counseling from San Francisco State University. Bachelor's Degree in Psychology (minored in Education) from Baruch College (City University of New York). License in Marriage and Family Therapy. Pupil Personnel Services Credential. National Board Certified School/Counselor.

Julie Jobak, MA, PPSC - Master's Degree in Educational Counseling and Pupil Personnel Services Credential from San Jose State University. Bachelor's Degree in Business Administration with an emphasis in Marketing from San Jose State University. 15 years experience.

Meredith Larsen, LMFT, PPSC - Master's Degree in Counseling with an emphasis in School Counseling and Marriage and Family Therapy from San Francisco State University. Bachelor's Degree in Sociology from the University of California, Santa Barbara. Licensed Marriage and Family Therapist. Pupil Personnel Services Credential.

Laura Macfarlane, LCSW, PPSC - Master's Degree in Social work from Boston University. Pupil Personnel Services Credential from San Jose State University. Licensed Clinical Social Worker (LCSW). 23 years experience.

Shannon McGilloway, LMFT, PPSC - Master's Degree in Counseling Psychology and Bachelor's Degree in Psychology from the University of San Francisco. Licensed Marriage and Family Therapist. Pupil Personnel Services Credential.

Wendy Salazar, LCSW, PPSC - Bachelor's degree in both RAZA Studies and Social Work from San Francisco State University. Master's degree in Social Work from San Francisco State University. Licensed Clinical Social Worker (LCSW). Pupil Personnel Services Credential. 6 years experience.



Girl's Leadership Institute

San Carlos School District hosts the Girl's Leadership Institute each year at one or more of our school buildings. The Girl's Leadership Institute workshops are designed for parents (and parental figures) and girls in grades K-8 to learn and grow together. Participants come away better able to communicate feelings, navigate conflict and share mistakes.

The Girl's Leadership Institute helps parents and daughters with developing social-emotional intelligence and learning authentic self-expression; these necessary skills take practice. Through fun and interactive games and discussions parents and daughters will learn and practice how to explore and share feelings, communicate authentically, and make healthy relationship choices.

If you are interested in this wonderful opportunity for you and your daughter this year, please contact your school's counselor soon. Workshops have a limited number of participants and close on a first come, first served basis. Dates have been set for this school year and registration will be ending soon. You can also register through the link listed below. Scholarships are available. Visit [Here](#) for more details.

***PLEASE NOTE: ANY SCSD FAMILY CAN REGISTER FOR ANY OF THESE OPPORTUNITIES. YOU DON'T HAVE TO ATTEND THE SCHOOL WHERE IT'S BEING HOSTED..**

@ Brittan Acres Elementary School

Kindergarten/1st Grade on Wednesdays; October 4th, 11th, 18th, 25th (5:00-6:00pm)

2nd/3rd Grade on Tuesdays; **Part 1:** October 3rd, 10th, 17th, 24th (6:00-7:30pm)

Register for K/1 [Here](#) Password: brittank1

Register for 2/ 3 [Here](#) Password: brittan23

@ Arundel Elementary School

2nd/3rd Grade on Wednesdays, **Part 2:** January 24th, 31st, February 7th, 14th (6:00-7:30pm)

***Note: Part 2 can be taken without taking Part 1 first, however, it is helpful to have Part 1 first.**

Register for 2/ 3 [Here](#) Password: arundel23

@ Arroyo Upper Elementary

4th/5th Grade on Wednesdays, **Part 1:** October 18, 25, Nov 1, 15 (5:30 - 7:00pm)

4th/5th Grade on Tuesdays, **Part 2:** January 23, 30, February 6, 13 (5:30-7:00pm)

Register for 4 /5 Part 1 [Here](#) Password: arroyo45pi

***Note: Part 1 must be taken before Part 2.**

Register for 4 /5 Part 2 [Here](#) Password: arroyo45pii

We are working on arranging dates for Central MS grades 6th/7th/8th for second semester.

[Click here](#) to learn more about the Girl's Leadership Institute and to register for one of these workshops.



CELEBRATE SCHOOL COUNSELING



Delivery of the American School Counseling Association National Model

In SCSD, we strive to follow the ASCA National Model for school counseling. Under this model, School Counselors provide services to students, parents, school staff and the community in the following areas:

Direct Student Services

Direct services are in-person interactions between school counselors and students and include the following:

- **School Counseling Core Curriculum:** This curriculum consists of structured social-emotional lessons designed to help all students attain the desired competencies and to provide all students with the knowledge, attitudes and skills appropriate for their developmental level. In SCSD, the school counseling core curriculum is delivered by using the Second Step curriculum; through weekly lessons.
- **Individual Student Planning:** School counselors coordinate ongoing systemic activities designed to assist students in establishing personal goals and developing future plans.
- **Responsive Services:** Responsive services are activities designed to meet students' immediate needs and concerns. Responsive services may include counseling an individual student, a small-group setting, or crisis response. School counseling is not a therapeutic process, however.

Indirect Student Services

Indirect services are provided on behalf of students as a result of the school counselor's interactions with others including referrals for additional assistance, consultation and collaboration with parents, teachers, other educators and community organizations. The goal of the ASCA National Model is a program that serves all students.

We're on Facebook!



Check us out on Facebook: San Carlos School District Counselors
We have articles, events, and resources posted on Facebook that can help for a multitude of family and childhood concerns that families encounter. Please [visit our page](#) and “like” us to follow our news.

As School Counselors, we partner with parents and all members of our school community to award each child the social, emotional, and academic support they need to thrive in our schools. We welcome your partnership! Please reach out if you would like more information on our programs, services, and resources.

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