

Who are School Counselors?

School counselors are certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program. School counselors help students form healthy goals, mindsets and behaviors. With the aid of a school counselor, students learn to develop effective collaboration and cooperation skills, to practice perseverance, to develop time management and study skills, and to learn self-motivation and self-direction habits.

Why do students need school counseling?

- Students learn best when they feel good about themselves and their relationships with others.
- Students who understand their feelings are better able to control their behavior.
- We know that stress can affect focus and learning, but its impact can be reduced with proven self-regulation.
- Schools, parents, and communities that communicate and collaborate provide the most effective support to students.



West Side Middle School School Counseling Department (203) 574-8120

6th Grade School Counselor

Natalie Fagerlund

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7th Grade School Counselor

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8th Grade School Counselor

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SEL Counselor

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Counseling Services

- Individual / small group counseling
- Classroom guidance lessons
- Crisis intervention
- Consultation with parents and teachers
- Coordinate with outside agencies and therapists
- Referrals for community services

Common Issues

- Anxiety
- Anger management
- Friendship skills
- Stress reduction
- Conflict resolution
- Managing feelings

How does a student see the school counselor?

- Self – referral
- Counselor request
- Parent referral
- Administrative referral
- Teacher / other staff referral
- Referral by friend(s)