

## **All About Me**

**I have a pug named Stella & a cat named Lola. They are both senior ladies 😊**

**I sing, play guitar and piano**

**I love road trips! I drive to North Dakota every summer to see my family**

**I love to work out! Yoga, Orange Theory Fitness, Barre and Zumba are my favorites**

**Tacos can be eaten everyday...sometimes twice!**

**Getting to work alongside animals while helping kids is the best!**

**I collect miniature things for Sandtray Therapy!**



**Hi! I'm Mrs. Whitsett**

I'm so excited to start a new year at Walnut Springs Elementary! As the school counselor, I am here for your student's social, emotional, and career development. I work with Students, staff, teachers, parents, guardians, and our community to provide your student with the resources they need to succeed inside and outside of the classroom. Please feel free to contact me via email or phone, Monday – Friday during school hours! I am looking forward to a great year at Walnut!

## **Walnut Springs Elementary School Counselor**



**Missy Whitsett  
MA, LPC Intern**

supervised by

**Karen Burke  
MA, LPC-S, RPT-S**

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# What Do We Do?

## \*Classroom Guidance - Care Class:

Each classroom has one designated care class lesson per month (with the exception of December). Lessons focus on social-emotional skills: emotions, coping, resilience, grit, communication, self-control, self-awareness, teamwork, friendship, stress, career interests, etc.

\***Individual work with students:** Short-term work to meet social, emotional and behavioral goals

\***Crisis Response and Intervention:** crisis prevention and safety planning

\***Small Groups:** throughout the year, we will be running Focus Groups and Lunch Groups addressing friendship, social skills, self-esteem, anxiety, grief, divorce, etc.

\***Consultation with staff/parents:** plan for student needs and provide resources and education

\***Referral assistance for services:** mental health counseling, case management, and crisis support



All services strive to meet all students' academic, personal, social, and career needs by following the recommendations of the ASCA National Model for School Counselors.

## My Partners



Raquel is usually on campus on Tuesdays and Thursdays. She works with individuals and small groups

Raquel Sadler, MA, NCC, LPC Intern  
supervised by  
Karen Burke, MA, LPC-S, RPT-S



Zoe - Therapy Dog

Zoe works on Mondays and Wednesdays. She prefers individual and small group work, but will occasionally cruise the halls for treats and belly rubs!



Our actions are continually motivated by a student first attitude. Your student and their success inside and outside of the classroom is of the utmost importance to us (Missy, Raquel and Zoe) and Walnut Springs Elementary.

Much of our work with students is confidential, which means we respect your child's right to privacy. If there's something we think you as a parent or guardian need to know, we will contact you as soon as possible.

Check out my website for more info and resources!

<https://wsescounselor.weebly.com/>

Twitter: wsescounselor