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COUNSELOR'S CORNER NEWSLETTER

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Welcome Back To School!

Welcome back Seton students and families! My name is Ms. Elizabeth Stephanz and I am your School Counselor. I began working at St. Elizabeth Seton Catholic School in April '24. I am humbled and blessed to be welcomed into this nurturing and supportive community during the 2024-2025 School Year!

As the school counselor, I will work with your student(s) to develop the skills for a successful academic career and their social-emotional development so that they are ready to face any challenges that may come their way!

Keep Reading to Learn More! (pg.2)

- Tips for a Great School Year!
- Topics we Will Cover this Year!
- Counseling Options for You!



Meet Your School Counselor!

I moved to Ft. Myers from Sunny Central Florida in April '24. Although this is my first time working in Catholic School Education, I have spent the last six years in Catholic Faith Formation. I received my Bachelor's in Music Performance, Master's in Music Therapy, and a Master's in Developmental and Intellectual Disabilities! I am a Board Certified Music Therapist and excited to bring my passion of helping young people and my Catholic Faith to School Counseling here at St. Elizabeth Seton!

I am a daughter, sister, aunt, and godmother! I am also in the final steps for my Foster Parent License! I love the color **BLUE**, coffee, pizza, sushi, spending time with my family, shopping, and gardening!

A Favorite Quote:

"Be who God meant you to be and
you will set the world on fire!"

- St. Catherine of Sienna

Tips for a Great School Year!

- A new year means a FRESH START to adapt and grow!
 - Where do you want to improve?
- Do ALL of your work with God by your side!
- Write your assignments in your planner and create a routine to stay organized!
 - Be sure to set aside time for prayer every day!
- Identify a role model to guide you!
 - What Saint do you look up to?
- Ask for help AND help others!
- Make time for FUN and REST!

“Creator of all things, true source of light and wisdom, origin of all being, graciously let a ray of your light penetrate the darkness of my understanding. Take from me the double darkness in which I have been born, an obscurity of sin and ignorance. Give me a keen understanding, a retentive memory, and the ability to grasp things correctly and fundamentally. Grant me the talent of being exact in my explanations and the ability to express myself with thoroughness and charm. Point out the beginning, direct the progress, and help in the completion. I ask this through Jesus Christ our Lord. Amen.”

A Student's Prayer

-St. Thomas Aquinas

Topics We Will Cover This Year!

- Virtues of Faith
- Setting Goals
- Inclusion/Unity
- Friendship
- Mindfulness
- Starting Over
- Career Goals
- Emotional Regulation
- Conflict Resolution

COUNSELING SERVICES! HOW CAN I HELP?

- Individual Counseling Sessions
- Classroom Lessons
- Peer-to-Peer Counseling Sessions
- Parent/Student Support Sessions
- Teacher/Student Support Sessions

I will:

- Assist you in dealing with a crisis.
- Help you to develop healthy relationships.
- Support and encourage your academic success.
- Provide academic planning and goal setting.
- Listen and provide you with support.
- Teach you social-emotional skills.
- Advocate for your needs as a student.
- Foster your spiritual development.

The mission of St. Elizabeth Seton Catholic School is to nurture the development of each student to achieve their spiritual, intellectual, physical and social potential. Catholic values and traditions are incorporated with academic excellence in an atmosphere of faith, discipline and love.

