

RVES Guidance and Counseling Program

Darlene Nelson, M.A.
School Counselor
(703) 923-2717 – direct line
Grades K, 1, 2, 5, 6

Emily Weyant, M.A.
School Counselor
(703) 923-2716 – direct line
Grades K, 3, 4

Elementary school counselors support classroom teachers and the overall educational team by helping students remove barriers to learning. The three primary methods for delivering guidance services include: individual counseling, small discussion groups, and classroom guidance lessons. Counseling services aim to facilitate growth in the following areas: academic, career, and personal-social development.

In an effort to help students grow in the area of academic, career and personal-social development, we offer many other opportunities for support. The **Mentor Program** and **Peer Helping Program** match students with adult mentors from IBM Business Consulting Services and DeWitt Hospital (Ft. Belvoir) as well as high school students from West Springfield High School. Students meet with mentors/helpers on a weekly basis. The **Peer Mediation Program** trains selected 5th and 6th grade students in mediation who, in turn, assist students in solving conflicts with others.

How to see a counselor. There are four ways a student may meet with the counselor: 1) Students may tell their classroom teacher that they want to see the counselor. 2) Students may leave messages for the counselor in the envelope outside the counselor's room. 3) Parents can call the counselor to discuss or request the counselor meet with their child. 4) Teachers and administrators may ask the counselor to meet with a student.

Guidance Lessons. Once a month, each classroom has a guidance lesson. Topics range from getting along with others, bullying, handling anger and disappointment, conflict resolution, problem-solving and study skills.

Individual and Group Counseling. Short-term counseling is available for a variety of concerns that may be school- or home-related. During the school day, small discussion groups are offered on a range of topics (grief and loss, family separation or divorce, organization skills, test-taking skills, decision-making/behavior, social skills). Parent notification is given for these services.

For more information on opportunities mentioned or to discuss a concern, please call me at (703) 923-2717. You may also go to the Guidance Page on [FCPS 24-7](#) to find past newsletter articles, Guidance topics, and additional resources.