

School Counselor Frequently Asked Questions

Q: What should I do if I would like my child to visit the school counselor?

Mrs. Caporuscio is at Center School on Tuesdays and Thursdays. Contact Mrs. Caporuscio by phone 860-567-7510 or e-mail caporuscior@litchfieldschools.org.

Q: What kind of services does the school counselor provide?

At Center School, I provide a Developmental Guidance curriculum focusing around social/emotional development. I visit each grades' classroom bi-weekly. Topics that are discussed include: friendship making skills, social skills, strategies to deal with teasing and name-calling and kindness activities. I also hold lunch bunches during the student's lunch time. Lunch bunch sessions are a way for students to get to know one another in a structured environment. I try to give all students an opportunity to be in a lunch bunch at least once. Individual counseling and friendship mediation is also done as needed.

Q: Does my child need permission to see the school counselor?

No, unless the counseling will be on-going and in that case the counselor will contact you. As long as the parent hasn't stated specifically that their child cannot see the school counselor, school counseling is considered a regular educational service provided by the school. If a child has an issue with a friend or is having a difficult day, the school counselor will often intervene without parental permission. Often parental follow up is initiated.

Q: My child is concerned others will make fun of him/her for visiting the school counselor, what should I do?

The students know who I am because I am in their classrooms often. I have also built a relationship with most of the children through lunch bunches, etc. Many students visit me with a variety of concerns, so your child should not feel alone. The meetings with your child will be confidential and I can provide your child with language to use if other students ask why they came to my office.

Q: What is confidentiality and how does it apply to the school counselor?

Confidentiality is an important aspect of counseling; this is how the counselor builds trust with the student. What the child says during counseling is to remain between the counselor and the child unless:

1. The child is in imminent danger.
2. The child is threatening to harm him/herself or someone else.
3. The child reports an incident of abuse and/or neglect.
4. The child gives permission to disclose.

When a breach in confidentiality is necessary, I would make a report to the appropriate agencies, support staff and/or parents depending on the situation.

Note: School counselors and other school staff members are mandated reporters. Mandated reporters are required by law to report to DCF any report made to them by a student or other regarding the safety of that child.

Q: What if I would like my child to receive private counseling outside of school?

The role of a school counselor is to assist children during their school day. This may include issues with friends, test anxiety, social issues, and problems at home that are affecting their school day. When there are difficulties at home (i.e. divorce, death of a loved one, deployment) that are not affecting the child at school or are affecting the child greatly at school there are times when outside, private counseling may be necessary. If you decide private counseling is necessary for your family, I can provide information regarding local counseling agencies.

Q: What are some things I can do as a parent to ensure my child has a positive school experience?

When your child comes home from school, ask them “what was the best part of your day?” Focus on the positive aspects of their day and promote a positive school/home relationship. Align with the school and your child’s teacher to get your child invested in their learning. Build your child’s self-esteem and confidence both socially and academically through age appropriate boundaries, praise and expectations.