

About Your Counselor

My name is Rachel Osburn and I am excited to be your child's counselor this year. I currently hold two college degrees that have well-prepared me for my current position as school counselor. I have a bachelor's degree in psychology from the University of Alabama at Birmingham and a master's degree in Elementary Education in Counseling from the University of Montevallo. I have a great passion for students and have served as the Kindergarten, 1st grade, and at one point, 2nd grade school counselor at Paine Primary since 2011. I recently got married (your current students may have known me as Miss Cox) and we are hoping to start a family in the near future. For now, we enjoy loving our fur babies which include 3 dogs, 1 cat, and a fair amount of chickens! I am excited about our work together and am looking forward to a great school year at Cahaba Elementary!



School Counseling Curriculum

All students will participate in guidance lessons with Mrs. Osburn. Lessons are developed following the *Comprehensive Counseling and Guidance State Model for Alabama Public Schools* and address the following 3 areas as outlined by the American School Counselor Association National Model:

Academic Development

- ✿ Goal setting
- ✿ Organization
- ✿ Time Management
- ✿ Test-Taking Skills

Personal/Social Development

- ✿ Bullying
- ✿ Conflict Resolution
- ✿ Making & Keeping Friends
- ✿ Controlling Emotions
- ✿ Leadership
- ✿ Safety
- ✿ Health & Wellness

Career Development

- ✿ Career Exploration
- ✿ Self-Awareness
- ✿ Working Cooperatively

**The topics under each domain are a sampling of what is taught according to the national model and state plan.*

F.A.Q.



Will information concerning my child be kept confidential?

Yes, with the exception of student disclosure of intent to harm self or others, or if someone is harming your child. Details of your child's counseling relationship will be kept in strict confidence unless you or your child give us permission to share the contents of a session or we are ordered to do so by a court of law. We may consult with colleagues for supervision with the understanding that we will not disclose your child's name or other identifiable information. Counselors communicate with parents when needed and encourage children to talk openly with their parents as well.

Do only students with problems talk to the counselor?

No. The counselor is seen as an adult who students can trust and consider a friend. Many times students will come to the counselor to share exciting news, to share a success, or just to have an adult take time to listen to what they have to say. All students who see the counselor are not troubled or "in crisis."

What does an Elementary School Counselor do?

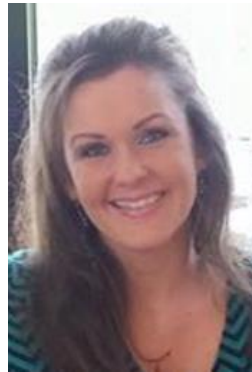
Social and emotional wellness is key to academic success. My job is to support the students of Cahaba Elementary so that they can be their best self, both academically and socially. Below are just a few ways that I accomplish this goal throughout the school day:

- ✿ Meet with students individually (just me & child). Teachers, parents, & students can request individual counseling
- ✿ Lead small group counseling (group information will be sent home before the group begins with more information)
- ✿ Conduct bi-weekly classroom guidance lessons
- ✿ Facilitate P.A.C.E.—Positive Attitudes Change Everything (system-wide character development initiative)
- ✿ Facilitate school-wide and state initiatives throughout the year (ex: Red Ribbon Drug Awareness Week, Attendance Awareness Month, School Food Drives & Service Projects, etc.)
- ✿ Support teachers with any needs they have regarding students
- ✿ Support parents with any concerns they have regarding their child
- ✿ Work with community members and outside agencies to provide parents with needed supports



Our System-Wide Mission Statement:

The mission of Trussville City Schools is to educate students using high standards in a safe, nurturing environment, fostering academic and career competencies which prepare them to be productive citizens.



Connect with Me!

My goal is to support you and your child in any way that I can. E-mail is the best way to contact me should the need arise.



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(205) 228-3485

Cahaba Elementary

School Counseling Services



Mrs. Rachel Osburn —
school counselor