

Foundations - Knowledge: Understands current models of school counseling programs and their integral relationship to the total educational program.



Jefferson Middle School Counseling

Hello:

My name is Sharon Wilke Otrembiak. I grew up on a dairy/grain farm in Illinois. I was a teacher for many years. I worked in various counseling settings before coming to Jefferson Middle School. My husband and I moved to Oregon in 2016. I enjoy gardening, baking, playing chess, and watching baseball. I am a member of the Oregon School Counseling Association, and the American School Counseling Association. It is a joy and a pleasure being the school counselor at Jefferson Middle School.

Mission Statement:

As a school counselor, it is my intention to assist students with academic performance, personal/social growth, and career exploration through a comprehensive counseling program. Through various services I will aid students in gaining knowledge skills in order for them to become life long learners and positive productive members of society.

Scheduling an appointment with Mrs. Otrembiak:

Sign up on the appointment board outside the counseling office door.

Students: Mrs. Otrembiak will send an appointment slip to the student with an appointment time.

Teachers & Parents: Phone #: 541-327-3337. ext 1561

Email: sharon.otrembiak@jefferson.k12.or.us



Collaboration:

It is essential for the school counselor to work with parents, school staff, and other specialist to ensure students receive a quality education and all services necessary for a productive life.

Individual & Group Counseling:

Life can be challenging and you need a helping hand. As a school counselor I am here to give support, guidance, and encouragement. There may be times when I may refer you to other resources. This may be one-on-one counseling sessions or a small group counseling session regarding the following topics:

- Bullying/Relational Aggression
- Suicidal Thoughts
- Self Harm
- Grief
- Divorce
- Abuse
- Family issues-family members has a medical/health issue (chronic.terminal), domestic violence
- Mood Regulation-anger management, depression, anxiety
- Homelessness/Food Insecurity
- Identity Exploration-sexual orientation, gender, cultural
- Alcohol & Drug Addiction

Advisement:

This is a one on one appointment to discuss current and future plans.

- Study skills
- Organizational skills
- Test-taking strategies
- Tutoring services
- Decision-making skills
- Problem-solving skills
- Career Interests Inventories
- Exploration of career Paths
- Work ethics & positive character traits
- Set short & long term goals
- Transition from middle school to high school
- Interest in sports or clubs at school
- Forecasting for high school
- Learning styles
- Job skills



Classroom Guidance:

Throughout the school year I will be teaching guidance lessons to the students. The following are topics I may speak to the students about:

- Middle School Expectations-accountability, classroom behaviors
- Discovering Feelings-self-awareness, stress management
- Building Support Systems - friendships
- Respecting Yourself & Others-compassion, self-esteem
- Preventing Bullying & Cyberbullying
- Teaming Up for Success-leadership skills
- Applying Conflict Resolution
- Making Decision-power to choose
- Following Your Dream-career exploration
- Communication Skills
- Mindfulness Meditation
- Drug and Alcohol Prevention
- Diversity Awareness
- Wellness-Physical& Emotional

Student Advocacy:

It is my goal to assist every student at Jefferson Middle School so they may have every opportunity the school offers. I promise to make sure all students regardless of gender, race, ethnicity, sexual orientation, social class, or academic level get all materials essential for their academic and personal achievement.