



Hello! My name is Rachel Goodman, and I am the Truman School Counselor! I am very excited to be back as Truman's Counselor in a permanent position, as I was a Replacement Counselor last year. The best way I can describe my role in the school is as follows: The School Counselor supports all facets of the school community. My job is to **support** the students, teachers, parents and administrators at all times. I also wear many "hats" in my position, including RTI Coordinator, 504 Case Manager, HIB Specialist, Safety Team Coordinator, and School Testing Coordinator.

However, my primary (and favorite) responsibility is to work with my students. I meet with Kindergarten classes on a weekly basis to teach social and emotional skills, as well as monthly with grades 1-3 to review such topics as bullying, cooperation, problem solving, kindness, respect, and coping skills. In addition, I meet with many of my students in a small group setting to practice various skills, as well as needed individual counseling.

My counseling approach is usually brief and solution focused, where I am able to maximize a teachable moment in just a short amount of time. I have a particular interest in play therapy, which is amazingly effective in younger students. I also frequently utilize bibliotherapy (the use of movies, books, and video books) to teach various concepts and skills. These techniques work to provide an engaging and hands on experience for my students, which promotes enthusiasm and mindfulness in the concepts I teach.

Our school theme at Truman is "Kindness Rocks!" The entire faculty strive to encourage and teach this to our students through lessons, assemblies, themed days (Truman loves a good dress up day) and in our everyday language and interactions with each other and our students. We also have monthly themes which focus on different aspects of kindness, such as tolerance, friendship, generosity, gratitude and respect.

I am thrilled to be a part of the Truman Team. We have a wonderful kind and caring culture at Truman School, where everyone is valued and contributes their own unique style and strengths to our community. I look forward to working with you and your child. Have a safe, successful, and happy school year!!

Warm Regards,  
Rachel Goodman, Board Certified NCC  
Truman School Counselor