

## **Mrs. Austin's Counseling Beliefs:**

- I believe in relationship and trust as its foundation.
- I believe children have the right to be heard, valued, and validated.
- I believe in the power of play.
- I believe in providing a safe and supporting environment.
- I believe in advocating for and cultivating a sense of belonging.



## **Contact Mrs. Austin**



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Lakewood Elementary  
Guidance Website

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## **Lakewood Explorers School Counseling Program**



2024-2025

## About Mrs. Austin

Hello, LES Family!

My name is Sarah Austin and I have the privilege of being Lakewood Elementary's School Counselor this year!

I'm originally from Charleston, South Carolina but moved here recently from Austin, Texas where I attended graduate school at The University of Texas at Austin.

*Hook 'em, Horns!*



Prior to being a School Counselor, I was an upper elementary teacher for nine years.

I am so excited for this school year, to learn and lead right along with our explorers!

**Let's make it a great year!**

## A Comprehensive Program

Our comprehensive program makes counseling services accessible to every student.

All students receive weekly, whole-group Guidance instruction.

### Lessons May Focus On:

- Growth Mindset
- Anti-Bullying
- How to be a Good Friend
- Self-Concept
- Making Healthy Choices

On an as-needed basis, some students may partake in small groups or meet individually.

### Small Group Topics May Include:

- New to LES
- Military families
- Divorce
- Self-Esteem

## The Mission



Empower all children to confidently embrace challenges through data-driven comprehensive support encompassing academic, career and college readiness, as well as social-emotional development, fostering curiosity and flexibility for lifelong success.

## The Vision



Every student **enters our school with a promise and exits with a purpose,** equipped with the knowledge, skills, and confidence to thrive in a diverse and ever-changing world.