



Hello Waddell families and welcome to the 2023-2024 school year! I am Maggie Wilson, the school counselor, and I am so excited to be joining the Bulldogs! I have worked in education for 20 years as a teacher and school counselor and love helping students develop and grow. I am originally from southern California and I still get giddy when it snows here and love all of the seasons! I have two little ones of my own, ages 7 and 2, so you may see us bopping around Lexington from time to time.

As your child's school counselor, I aim to help implement the Character Strong program school-wide. I will be providing counseling services in different settings: whole class, group, and individual. The services are available for all students and can be requested by parent/guardian, teacher/staff, or student.

Whole Class- Whole class instruction will generally reinforce Character Strong's theme of the month through team-building and interactive lessons. Other topics may include friendship, organization, bullying, self-care, or an area the teacher feels would benefit the classroom environment. This allows me to get to know all the students.

Group- Group counseling allows for me to meet with smaller number of students with a shared need. Games, role-playing, and self-monitoring are components of group counseling. Students attend sessions once a week for a set amount of time (6-8 sessions). Examples of topics that can be discussed in group counseling are: self-esteem, anxiety, friendship, academic motivation and study skills. Communication with parents/guardians as well as permission slips will be needed for participation in group counseling.

Individual- Some students may benefit from weekly support through individual counseling sessions. Students will meet with me to work on certain skills and/or goals whether academic, personal or social/emotional. Communication with parents as well as permission slips will be needed for ongoing individual counseling.

I look forward to getting to know your child and strongly believe in open communication with parents/guardians. Please feel free to contact me if you have any questions or needs throughout the school year.

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Sincerely,

Maggie Wilson

Back  
to  
School