

Swenke Counseling Corner

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Grades: K, 2, & 4

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Welcome Back!

What is a School Counselor?

The elementary years are a time when students begin to develop their academic self-concept and their feelings of competence and confidence as learners. They are beginning to develop decision-making, communication and life skills, as well as character values. It is also a time when students develop and acquire attitudes toward school, self, peers, social groups and family. A comprehensive developmental school counseling programs provide education, prevention and intervention services, which are integrated into all aspects of children's lives. Early identification and intervention of children's academic and social/emotional needs is essential in removing barriers to learning and in promoting academic achievement. The knowledge, attitudes and skills students acquire in the areas of academic, career and social development during these elementary years serve as the foundation for future success.

Each day is different. Our day can go from checking in with a youngster to get his day started off well, to mediating a conflict between two on-again, off-again friends, to listening to a parent report that their child is being bullied, to supervising 100+ kids run around and dig on the playground, to teaching a lesson to first graders about personal space bubbles, to playing Jenga with a group of active boys, to consoling a crying student who feels his friend will never forgive him for calling him a name, to checking in with teachers about certain struggling kiddos, to attending a IEP/some other kind of meeting to plan for student's needs, to recording notes so I can remember what we did all day. All school counselors wear many 'hats' throughout their day. It is a busy, but rewarding job!

Source: American School Counseling Association

Upcoming Events

September 5

Labor Day – School Closed

September 20

Watch D.O.G.S. Pizza Night
Kickoff Event 6 – 7 pm

October 3

Open Referral for Mid-Year
GT (Horizons) Testing Begins

October 17

Internet Safety for Parents
@ Swenke 6 – 7 pm

Links to videos:

[How School Counselors
Contribute to Student
Success](#)

[Parents and School
Counselors: A Partnership for
Student Success](#)

Who are your School Counselors?

Colleen Keiser (Grades Kinder, 2nd, 4th)

I am beginning my 10th year in CFISD. Before counseling, I spent 8 years in the classroom teaching LA/Reading to 1st, 3rd, and 5th graders. I received my bachelor's degree in Psychology from LSU (Geaux Tigers!), my post-baccalaureate in Education from the University of Houston, and my masters' in Professional Counseling from Liberty University.



I live in the Cypress community with my husband of 24 years, 5 children, 4 dogs, and 2 tortoises. Running, weight lifting, movies, and reading are among my top hobbies. I also enjoy any outdoor activities, with visits to the beach my #1 favorite place to go!

Becoming a counselor has always been a passion for me. I became a school counselor because I wanted to have the opportunity to advocate for children and be a positive role model in my community. I see counseling as an opportunity to provide hope, direction and a support system to students and their families.

Petra Skopal



(Grades 1st, 3rd, & 5th)

I previously worked at Arnold Middle School as a 6th/7th/8th grade basic math teacher, and at Lamkin and Holbrook as a PPCD (Preschool Program for Children with Disabilities) teacher. A little about me, I grew up in Germany and have lived in the Cy Fair area for about 17 years. I am married and have two sons – a 21 year-old who studies Criminal

Justice at SHSU and a 17 year-old 12th grader in High School, as well as two dogs.

While I loved being a classroom teacher, I have always wanted to help students, no matter if they were struggling or just needed a little extra help and guidance. The great thing about being a school counselor is that it gives me the opportunity to work with all students on campus in a variety of ways, like academic support, communication skills, interpersonal skills, and character development. I cherish the many positive connections that I have here at Swenke, both with students and teachers, as well as parents. I am excited to continue my journey here and wish everyone an awesome and successful school year!

In my personal time I like to try new restaurants, read books, travel across Europe, and I enjoy anything and everything that has to do with interior design.



We Provide:

- ✓ Consultation and collaborations with parents, teachers, and students
- ✓ Academic Support
- ✓ Goal Setting
- ✓ Understanding self and others
- ✓ Peer relationships
- ✓ Coping strategies and effective social skills
- ✓ Problem-solving
- ✓ Individual and small-group counseling
- ✓ Conflict resolution
- ✓ Community Referrals
- ✓ Professional Development for Staff
- ✓ Parent education
- ✓ One-to-one parent conferencing
- ✓ Classroom guidance activities
- ✓ Crisis interventions
- ✓ School climate support