

Guidance Guide

What is a Guidance Counselor?

By Allison Parr-Plasha, M.S.S.A., L.S.W., C.P.C.C., Guidance Counselor

No one can deny that the English language can be very vague. For example, if I asked the entire Erie Day School community to define “happiness,” I can guarantee that we would have a wide variety of answers. As I branch out and meet the different guidance counselors at our local high schools I have discovered that their roles can be different, and are defined according to the needs of the schools they are representing.

As the guidance counselor at Erie Day School, I will be wearing many hats designed with the intention of being a support system for the entire school. I will be at the school every Tuesday and Thursday. Due to my limited time, I have been building a referral list and networking with therapists in our area who specialize in working with children and families. Please do not hesitate to call or email me if you would like additional referrals. I would be happy to meet with your child and learn more about possible concerns to better assist you with the appropriate resources.

Some of our children are in counseling but could use added support in school as well. I am happy to be the bridge between therapy and school and meet with your student. Other reasons I may meet with students is to support them through a bad day, help them navigate difficult peer relations, develop healthy communication skills, stress management and/or work on self-esteem building. If I feel that your child/adolescent may need more intensive support in the community I will let you know.

I am committed to educating our school community about different issues or concerns that are facing our student population and our culture as a whole. This will be done through written publications, and designing and implementing mini workshops for the students. Also, refer to Erie Day School’s webpage. Under ‘Publication Center’ you find my articles when you click on ‘Guidance.’

One hat that I wore last academic year and will continue to wear is Life Coaching the Grade 7 and 8 students. If you have a Grade 6 student whom you feel would benefit from life coaching I would be happy to meet with them as well. To learn more about life coaching please refer to the “guidance” page on the EDS website.

I am open to ideas, concerns and suggestions, so please don’t hesitate to get a hold of me with your thoughts. I can be contacted at 814-452-4273, Ext. 101



Erie Day School Motto

May I live each day being mindful of the
goodness that surrounds me.

May I always stretch my mind and heart
so that I live my life in wisdom and love.

May I be a loyal friend to others
and willingly help those in need,
and may I always honor and
respect the earth
of which I am a part.



Erie Day School

Learning today, leading tomorrow.

Erie Day School
September 5, 2014

If you have any questions, comments or
additions to the *Guidance Guide*, or know
someone that should be included on the email
distribution list, please contact
Allison Parr-Plasha at 814-452-4273 or via
email at aplasha@eriedayschool.com

Erie Day School
1372 West Sixth Street
Erie, PA 16505
814-452-4273
www.eriedayschool.com