



LAUREN SEABERG

PROFESSIONAL PORTFOLIO

SCHOOL COUNSELOR

LAUREN SEABERG

Hong Kong | laurensara@gmail.com | +852 9334 8186

School Counselor

EDUCATION

Master of Science in School Counseling | Long Island University, C.W. Post Campus, NY | 2008

Bachelor of Science, Elementary Education | State University of New York at New Paltz, NY | 2006



PROFESSIONAL EXPERIENCE

School Counselor | Lower Primary School | Hong Kong International School (HKIS) | 2017 - present

Support the social and emotional development of lower school students in collaboration with all staff, parents and the school community

COUNSELING + SUPPORT SERVICES

Facilitated individual and group counseling sessions

Development and delivery of Character Education Program

Committee member for implementing school-wide positive behavioral program

Crisis Team and Child Protection Team member

Collaborated on the Student Services Team (SST) to coordinate student support services

Participated in admission process to review, screen and consult for Lower Primary student applicants

Implemented Peer Mentor Program

WORKSHOPS FACILITATED

Parent Workshops - *Friendship, Child Development, Screen Time, Parenting, Transitions, Book Clubs and more*

Facilitated speakers for parent and staff sessions with Dr. Michael Thompson, Dr. Becky Kennedy and Dr. Chris O'Shaunnessey

Faculty Workshops - *Social Emotional Learning Education, Instructional Assistant Training, Child Protection Training*

School Counselor | Lower Primary School | ACS Hillingdon International School, UK | 2011 - 2017

Support the social and emotional development of lower school students in collaboration with all staff, parents and the school community

COUNSELING + SUPPORT SERVICES

Facilitated individual and small group counseling sessions

Coordinated student led assemblies and school-wide positive behavior programs

Development and delivery of Character Education Program

Implemented Peer Mentor Program

Developed and facilitated Student Ambassador Program

Coordinated programs for families moving from lower to middle school and transitioning to/from ACS Hillingdon

WORKSHOPS FACILITATED

Parent Workshops - *Supporting Your Third Culture Kid, Digital Citizenship in the Lower School, Transitioning to Middle School, The Ups and Downs of Friendship*

Faculty Workshops - *Mindfulness, Child Protection Training, Supporting Your Transitioning Students*

***School Counselor* | Pre-K - Grade 5 | Jessie Mae Monroe Elementary School, USA | 2009-2011**

Coordinated school-wide student support services
Section 504 coordinator
Developed staff and student mentor program
Coached Girls on the Run, Character Education Program

***School Counselor* | Pre-K - Grade 5 | Griswold Elementary School, USA | 2008-2009**

Coordinated school-wide student support services
Section 504 coordinator
School-wide administrator of Connecticut Mastery Tests and National Assessment of Educational Progress Testing
Developed student mentor program

ORGANIZATIONS

International School Counselors Association
American School Counselors Association
North Carolina School Counselors Association
Chi Sigma Iota Honors Society
Kappa Delta Pi International Honors Society

PROFESSIONAL DEVELOPMENT + ACCOMPLISHMENTS

Co-presenter for FOCUS Expat Community | *Positive and Effective Communication* | London, UK
Presenter at ECIS Technology Conference | *Technology in the Lower School* | Cobham, UK
Digital Citizenship Workshop + Resources | <http://teachspace.hillingdon.info/parent-resources.html>
Designated Safeguarding Lead (Child Protection and Safeguarding), Crisis Management team member, First Aid Certified, Mindset and CPR Trained
Positive Behavioral Interventions and Support School Representative
Lead lower school Student Council in receiving the CIS International Student Award for four consecutive years
<http://www.cois.org/page.cfm?p=1833&newsid=407>
Published in FOCUS Magazine | *Relocating With Young Children* | UK
<http://www.relocatemagazine.com/articles/3098school-counsellors-column-celebrating-different-cultures>
Published in ACS Heads Blog:
'Stop, Breathe and Bel' An introduction to mindfulness at ACS Hillingdon
<http://headsblog.acs-schools.com/index.php/author/lauren-seaberg/>
Third Culture Kids
<http://headsblog.acs-schools.com/index.php/third-culture-kids-tcks/>
Documentaries on Third Culture Kids:
<https://vimeo.com/87007785>
<https://vimeo.com/61748344>

REFERENCES

References available upon request

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PHILOSOPHY OF EDUCATION

As a School Counselor, I have the ability to make a positive and profound impact on children's lives every single day. A Counselor is integral to the school-wide support system and is tasked with developing strong relationships across the community. I aim to cultivate positive, meaningful relationships with students, parents and teachers. These connections inform how I can best support each child and help them to grow. Supporting my students through the ups and downs of elementary school is extremely rewarding and the reason I am excited to come to work each day.

I provide a wide range of counseling services that often incorporate elements from numerous theories and techniques. My aim is to provide each of my students with the tools and strategies they need as they develop valuable social-emotional skills. During these early years, I believe that it's important to focus on building confidence and self-awareness through strategies such as problem solving, goal setting and developing positive peer relationships. Through individual and small group sessions, I work with students using journaling, play therapy, role playing and art therapy. I work to build strong relationships with parents early on as their support is invaluable. Open communication with parents is especially important and I provide updates with student progress along the way.

Transitions are ever-present in an international community and supporting students and their families through change is a major part of my day-to-day role. Children that are integrated into new cultures and societies in their early years have experiences that will stay with them for the rest of their lives. Having a system of support in place is crucial to a smooth transition, which is why I've developed and organize the Student Ambassador Program, student lunch groups, coffee mornings with parents and regular workshops. Working with our Lower School community, I promote a positive, welcoming atmosphere that allows for students to easily transition into their new community.

In order for students to feel comfortable at school they need to be in a safe and friendly environment. As a Counselor, I am an important part of a team that works together to create this positive school climate. In my role, I provide the crucial link between students, parents, teachers and administrators. When I think about the difference that I'm able to make in my students' lives, the feeling is indescribable. I'm extremely fortunate to have found a position that I'm truly passionate about.



TRANSITIONS

International schools are very transient communities and I spend considerable time assisting families through their many transitions.



"I am very impressed with Mrs. Seaberg, who has been instrumental in helping my son adjust to his new school. She has done a wonderful job 'holding his hand' when there have been difficulties."

Parent Survey Comment

"Mrs. Seaberg did a great job in helping 5th graders integrate into the middle school. My son needed extra support with his organization and joined her binder hospital group. This was exactly what he needed!"

Parent Survey Comment

SUPPORT FOR NEW STUDENTS

New students are paired with a buddy and they will often email their buddy before they even arrive at ACS. I always meet new students on their first day of school and usually have a student that already knows me well introduce us by explaining what I do at our school. After they have had a few days to settle in, I organize a welcome lunch bunch group. Students invite a few friends to join them and we get to know one another better in this relaxed setting.



SUPPORT FOR LEAVING STUDENTS

Students that are getting ready to move on to a new school are always invited to a goodbye lunch bunch. Last year I invited students that were leaving to help me create a special book. They had the opportunity to leave something behind that would be helpful for new students joining us in the years to come. The cover of the book says, "While you are at ACS Hillingdon be sure to..." and each student designed a page. Each page was unique and my new students this year have loved reading the advice that was left for them. I give lots of advice to students but there is just something special about students helping other students!



I was thrilled to get a grant for this beautiful velcro world map that is the focal point of my office. Students enjoy moving pieces around and it always drives our conversations about the places we feel connected to. As students move on from ACS they leave behind their name and place it on the country they are moving to.



PARENT WORKSHOPS

For the last five years, I've led parents in a yearly workshop on Third Culture Kids (TCKs). The goal of this workshop is for parents to form a better understanding of how children adapt to new cultures and also what they can do to support them through their transitions. Each year the presentation is unique. We have had breakout sessions specific to each division, guest speakers and feedback from students. My goal as a Counselor is to ensure parents are prepared for the challenges of raising a TCK and to embrace the positives of this unique lifestyle!

“ Just wanted to say how impressed I was with the TCK workshop! It was so well organised, interesting, and informative. You add so much value to our school! Congratulations, you should be proud of your efforts!

Casey Fauknall - **Middle School Assistant Principal**

“I thoroughly enjoyed and learnt a lot from your workshop. I hadn't expected it to be so 'emotionally charged' but I guess everyone was personalising it to their own experiences and challenges (and how they overcame them too). It was amazing to hear about the frequent moves that some families have made but it was also great to hear that so many of the experiences had positives too and I got a sense that these parents would not have swapped the benefits for anything. All of the points being made by you and the parents were a valuable sharing and learning experience. The organisation, audience participation and food were all world class -- well done!”

Janet Magee - **Executive Director: ACS International Schools**



We cannot say enough about Mrs. Seaberg. She is so patient and kind with our son. She has made him feel safe (which he didn't in his previous school). He smiles at school and really misses it when he has days off. She communicates with us regularly which helps us keep him focused. Our son benefitted from the boys group Mrs Seaberg put together. He felt and feels empowered after he spends time with her. Our son describes his school as joyful and the teachers are so kind.

Parent Survey Comment





INDIVIDUAL + GROUP COUNSELING

I provide a wide range of counseling services to equip each of my students with the tools and strategies they need as they develop valuable social-emotional skills. Several key areas of focus include building student confidence and self-awareness during these early years through strategies such as problem solving, goal setting and developing positive peer relationships. Through individual and small group sessions, I work with students using journaling, play therapy, role playing and art therapy to allow students to express themselves, learn and grow.



PARENT SUPPORT

When working individually with students, parent support is critical. As such, I cultivate strong relationships with parents early on to build trust. Open communication with parents is especially important and I provide updates with student progress and offer support and advice on what parents can do to help at home.



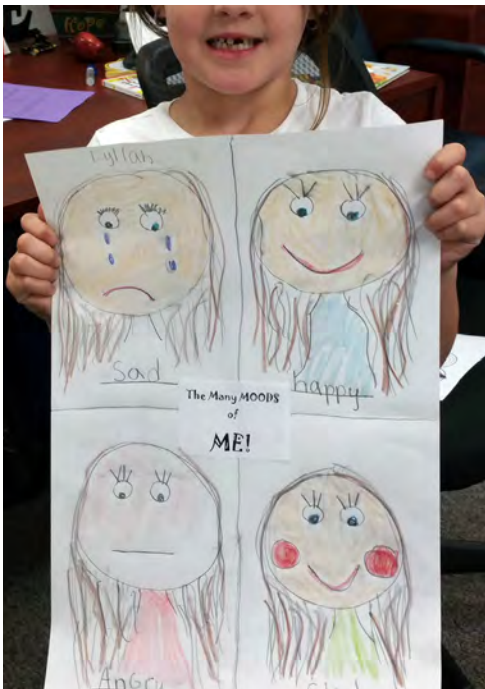


CHARACTER EDUCATION

I have developed a Character Education curriculum filled with authentic, developmentally appropriate activities that cover a wide range of themes. These include topics such as: showing respect, identifying our emotions, problem solving, communicating with others, making and keeping friends, mindfulness, transitions, digital citizenship, staying safe and social skills.

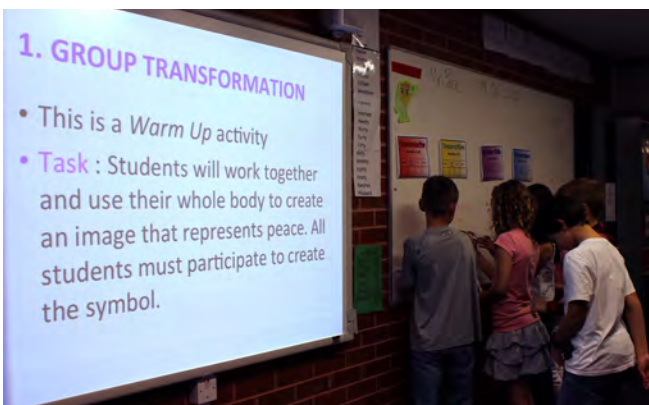


Character Education classes are regularly delivered to the Lower School community and include creative and engaging activities that touch on personal, social and emotional learning. Lessons often lead to extensive discussions that open student's eyes to new perspectives in addition to teaching them important life-long skills. Additionally, as the activities we work on respond directly to the specific needs of our students, they are constantly changing and adapting.



“ We are grateful for the role that Mrs. Seaberg plays in the Lower School. Her Character Education lessons are valuable and have made a big impact on our son.

Parent Survey Comment



In the lower school we...

How do we show respect?

R **O** **R** **S** **E** **S** **P** **E** **C** **T**
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o **f** **o** **t** **h** **e** **r** **s**

- Cafeteria - good manners, quiet voice, neat and tidy
- Hallway - walk, silent
- Classrooms - listen to teacher, follow directions, raise hand
- Recess - take turns, include others, share
- Bus - always sit, wear seat belt, quiet voice
- Other (bathrooms, mudroom, transitions) - polite, listen to adults, throw rubbish away, follow directions

Inappropriate Behaviours

- Words - name calling, teasing, bad language
- Physical - hit, push, trip, shove, kick
- Emotional - ignore, leave someone out, talk behind someone's back
- Cyber - hurtful emails, messages, pictures



SCHOOL-WIDE PROGRAMS



World Peace Day, Fourth Grade peer mentors, student buddies, classroom ambassadors and assemblies are some of the ways that I work with students in our lower school community. It takes a team to create a positive and safe environment and I do everything I can to put smiles on my students' faces every single day.





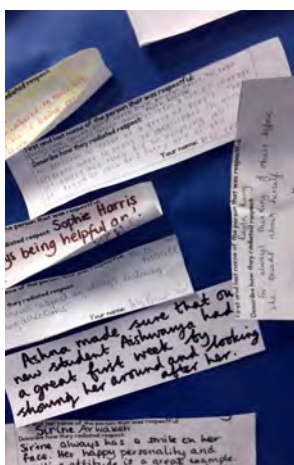
I work with students each year to come up with a different theme for our Positive Behavior Program. This past year, we decided to create a sun where students and staff can add a ray of sunshine for someone that radiated respect. At our assemblies these acts of kindness are celebrated and then added to our sun display. It is always exciting to watch the kindness spread as our sun brightens the Lower School!

"Your shout-out program has added a whole new layer to our kids' understanding of what it means to be respectful and thoughtful of others. You've set the tone for caring in a remarkable way. Your way of quietly and respectfully honoring kids is contagious and your classroom lessons and lunch bunches just keep those good vibes coming."

Peggy Travers - Lower School Librarian



Students created a Lower School Giving Tree. Over the year it filled up completely with leaves, highlighting the many ways the Lower School gives. This is another great celebration of the kindness and respect we see each and every day.



Responsibilities of Classroom Ambassadors

If visitors come into your classroom...

First turn to your teacher for a signal:

- means go ahead and greet!
- means it's not a good time to greet.

If it is your turn to greet visitors...

- Give them a friendly smile
- Tell them your name
- Ask them their names
- Ask them where they are coming from
- Tell them about what you are working on in the classroom
- Tell them your favorite things about ACS
- Tell them a bit more about yourself
- See if they have any questions
- Tell them it was nice to meet them
- Wish them a nice visit

Thank you for your warm and friendly welcome!



One goal that I had was to transform our assemblies to make them completely student run. There is a lot of behind the scenes work involved but it is absolutely worth it. I practice the agenda each month with our student Master of Ceremonies and we include student musicians to play an instrument for us at the start and finish of each assembly. Assemblies are a true celebration of student achievements and leaves them with strong feelings of confidence, leadership and achievement!



MINDFULNESS

After researching the value of mindfulness in schools, I organized an eight week mindfulness course for lower school staff. I have also enjoyed helping staff incorporate mindfulness, yoga and meditation practices throughout the lower school.

STUDENT AMBASSADORS

I have worked to create the Student Ambassador Program, where students lead tours throughout the lower school to interested families. The feedback from visiting families and from our admissions team has been overwhelmingly positive.



PEER MENTORS

As the coordinator of the Peer Mentor Program, I work with students to make positive changes in the Lower School. This program focuses on our Fourth Graders, our oldest students in the Lower School. Acting as role models, students who take on this role have responsibilities that include: helping out our youngest students in the cafeteria during lunch time, assisting with problem solving during recess and presenting at assemblies. As a group, we are always discussing how we can help others.

STUDENT COUNCIL



As Student Council Advisor, I work with students to promote the school-wide values of global citizenship and international mindedness. We work together to represent the Lower School with the goal of making a difference in the world. In this capacity, I facilitate monthly meetings run by our officers. Students set agendas, brainstorm ideas, problem solve, and organize numerous events and fundraisers throughout the year. These activities offer perfect opportunities for developing character, and students truly are catalysts for positive change!



“

I love the way you carried out student council elections! So many students took a risk, put time into their speeches, and gave thoughtful presentations. And your touch was lovely - the way you gave them each notes for having a go and made the whole thing “safe.” What a great experience for all!

Michelle Eriksen - Lower School Principal



As the advisor of our Student Council I find myself so incredibly proud of my students' work and dedication. The Council of International Schools (CIS) selected our Lower School Student Council to receive the International Student Award for four consecutive years! This award recognizes our students for their contributions to the promotion of global citizenship and the development of international awareness in our community.





ACS TUNIS

Our fourth graders learned about the violent protests in Tunisia in 2012, which damaged the American Cooperative School of Tunis. Our students decided to organize a book fair and toy drive to help the students of ACST to rebuild and replace the books, toys and supplies that they lost. Students made posters and brought in their books and toys to donate. At the event, they worked the cash register and helped younger students make their selections. I was able to coordinate a really special experience for our fourth graders when the Lower School Principal and a teacher from ACST came to visit. It was an exciting moment when we presented them with a check for £600! They were very grateful and touched by our efforts.

LENDING A HELPING HAND

PADSTONES

For the last five years, our Student Council has organized a collection for Padstones Charity. Padstones provides food, shelter, support and care to children in our community. Students place their donations under the Lower School tree. As a school, it's great to see students working together to help those in our community get the things they need each holiday season.



NEPAL

After discussing the 7.8 magnitude earthquake that devastated Nepal, I worked with students who wanted to find a way to help. We created a display of the Nepal flag and students and staff were asked to wear the colors of Nepal to show support. Students made donations and placed a paper cut-out person on the flag to show every contribution from our community.

DIGITAL CITIZENSHIP



Teaching my students to be responsible digital citizens is explored with respect at the core of all that we do. Today, children live in a world where their off-line and on-line worlds are blurred. Though this can sometimes be a challenge to navigate I am there to help students every step of the way.

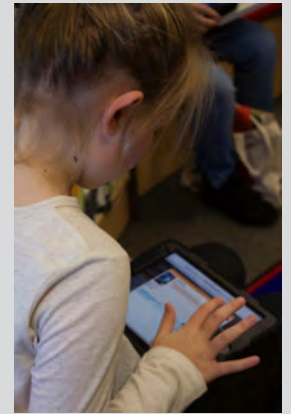
I also facilitate a series of parent information meetings that we hold regularly every year. I provide parents with advice and information so they can feel comfortable supporting their child's use of technology.





COLLABORATION

It is important to have a team approach to teaching Digital Literacy and Digital Citizenship. I work closely with teachers, administrators, integrationists, librarians and students to support the responsible and respectful use of technology across the school.





SERVICE LEARNING

Service has become an important part of my personal life as it allows me to give back to others in need. I have found these experiences to be extremely rewarding and they have influenced me to develop unique, hands on experiences for my students to give to others in meaningful ways. My hope is that the values they learn through these experiences will stay with them for the rest of their lives.





Aarav is really enjoying crochet and looks forward to it every week. He is constantly talking about it. I'm very happy he is doing something different and has taken such a great interest.

Neha Dubal - ACS Hillingdon Parent



I was so proud of my fourth graders that came together to make a beautiful quilt for the children I visited on multiple service trips to Romania. I coordinated with teachers and parent volunteers over several months during this process. It took quite a bit of practice and patience as my students learned to knit. We created many small squares that we connected together to make a beautiful quilt. My students understood that this quilt was going to a special group of children in Romania and were very happy to volunteer their time and energy in making it. There was such an interest in this project, even after we finished that I created a Lower School knitting club in response, which has been running ever since.



Meredith is enjoying your crocheting group! What a fabulous idea to get kids involved in a hobby that they can enjoy in a group, or alone. Thank you for starting this group!

Heidi Stephenson - ACS Hillingdon Parent



EXTRACURRICULAR

I love when my position also combines my passion for travel and adventure. I jumped at the opportunity to be the trip leader for fourth graders on their three day Bushcraft camping trip, which I've continued over the last four years. I've also accompanied fifth graders on their annual PGL outdoor learning trip. These experiences are a wonderful opportunity for students to learn outside of their comfort zone and leave with a new sense of confidence.

Hands-on workshops and group activities build trust and character - and are experiences students will remember forever. Often in a new environment, many students have difficulties spending time away from home. As a Counselor, I'm able to provide additional emotional support that allows students to overcome these challenges.





“

Thank you for helping me through tough times at PGL. One of the reasons I don't want to move to sixth grade is because you are the best counselor and I can trust you.

Izzy Thorogood - ACS Hillingdon Student





As a community we came together to support a student with a serious medical condition that had to spend an extended period of time at Great Ormond Street Hospital (GOSH). I organized Team ACS, a group of parents, students and staff to participate in the annual 5K held in central London. For the last four years we have shown our love and support by raising money for this children's hospital and participating in the 5K!



My son has spent a lot of time in the hospital and I am grateful, amazed and touched by all the efforts made by Mrs. Seaberg to keep him informed, visit the hospital, make him feel part of the school, which has helped a lot. Special thanks to Mrs. Seaberg for her care and concern. Mrs. Seaberg is fantastic and deserves a huge compliment for her warmth and professionalism.



Mirjam DeBakker - ACS Hillingdon Parent



FEEDBACK

You are so very thoughtful and remarkably insightful. I am very lucky to get to work with you. You amaze me everyday. I think you are a consummate professional and sometimes I feel what you do is absolute magic. You are such a positive influence on those around you. Glad to have you as a partner.

Jennifer Ridley - **School Nurse**

We had such a great experience in the Lower School. Mrs. Seaberg is reason enough to attend the school. She goes out of her way to ensure that the students are thriving and the parents are kept in the loop. I will highly recommend ACS Hillingdon to anyone I know moving to London.

Parent Survey Comment

The Student Ambassador Program is great! The last two Lower School classrooms I visited we had one of the students come and talk to the parents. The students were very natural and it was a wonderful addition to the tour. Please let the know we appreciate their efforts and I know the parents visiting enjoyed the interaction.

Ruth Doyle Buzzard - **Assistant Dean of Admissions**

I would like to mention Mrs. Seaberg who has been very helpful with some self confidence issues that my daughter used to have. Mrs. Seaberg has proven to be highly professional, caring and great influence.

Parent Survey Comment

A quick note to thank you for being a wonderful lower school counselor and wonderful student council mentor. I know you have done wonders for the lower school children but have been a special part of Chase's experience at ACS. You've helped him manage through different situations with various students and helped him build his confidence. Because of you, you've helped keep him happy each day at school. Thank you for being so responsive to Chase and to me. We will miss you when we move and wish you the best! Best,

Amy Fenton - **ACS Hillingdon Parent**

The Lower School Counselor does a great job. Lauren Seaberg is close to the kids and the parents, she teaches kids how to solve problems between them, she welcomes the parents if needed. Very positive impact on the Lower School.

Parent Survey Comment

Lauren Seaberg does an amazing job, wish that we could clone her!

Parent Survey Comment

We are very impressed with the amount of care and support Mrs. Seaberg has provided for the students. The kids understand that her door is always open to a non judgmental discussion. So grateful for her help in the lower school!

Parent Survey Comment