

ELNORA HELLER

<https://elnoraheller.wixsite.com/schoolcounselor>

PHONE

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ADDRESS

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EMAIL

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EDUCATION

Master of Education - Counselor Education
University of Virginia, May 2020

Bachelor of Science - Human Development and Psychology
Virginia Tech, May 2016

COUNSELING EXPERIENCE

School Counseling Intern | Louisa County Middle School, Mineral, VA

August 2019 - Present

- Manage a caseload of 20 6th – 8th grade students
- Counsel students using solution-focused and person-centered approaches to address issues such as academic performance, interpersonal skills, self-esteem, and truancy
- Collaborate with key stakeholders in order to ensure holistic and continuous student support
- Plan and facilitate multiple small counseling groups covering topics on study skills, self-esteem, empowerment, mindfulness, and belonging.
- Design and administer a grade-wide needs assessment to inform the creation of targeted interventions, including small counseling groups and individual counseling.
- Conduct core curriculum lessons covering career topics such as interest inventories, career clusters, and the Holland code

School Counseling Practicum Student | V.L. Murray Elementary School, Crozet, VA

January 2019 - May 2019

- Completed 100 hours of counseling and over 60 supervised hours of direct counseling.
- Provided individual counseling to a caseload of five students, ranging from K-5th grade
- Planned and facilitated a small counseling group to support the development of social skills in first grade
- Presented core curriculum lessons to 4th grade students weekly on topics aligning with ASCA mindsets & behaviors using the "Too Good for Drugs" curriculum.
- Co-led weekly guidance lessons to students, grades K-5, covering topics such as friendship, decision-making, resilience, and growth mindset

Therapeutic Mentor | Counseling Alliance of Virginia, Charlottesville, VA

October 2017 - April 2018

- Offered structured, one-to-one, strength-based support services to youth, between the ages of 8-17, to support specific goals of developing social and interpersonal skills, or problem-solving strategies
- Coached clients on overcoming obstacles
- Strengthened relationships that promote healthy partnerships and the use of conflict resolution skills

EMPLOYMENT EXPERIENCE

Clinical Triage Coordinator | Sheila C. Johnson Center, University of Virginia, Charlottesville, VA

September 2018 - May 2019

- Conducted clinical triage and enhanced referral services
- Managed prospective client phone calls
- Created and maintained a list of community referral resources
- Provided referrals for community resources and services

EMPLOYMENT EXPERIENCE

Teaching Assistant | University of Virginia, Charlottesville, VA

January 2019 – December 2019,

Personal Adjustment & The Science of Happiness

- Aided in the grading of projects, papers, and presentations
- Facilitated classroom discussion

Sexual Assault Hotline Volunteer | Sexual Assault Resource Agency, Charlottesville, VA

November 2017 – May 2018

- Treated callers with empathy and compassion

Lead Kindergarten Teacher | Faith Christian Academy, Charlottesville, VA

September 2016 – February 2017

- Created and executed engaging daily lesson plans
- Communicated effectively with assistant, supervisors, and parents

Preschool Assistant Teacher | Child Development Center for Learning and Research, Blacksburg, VA

January 2016 – April 2016

- Provided a safe and enriching environment for preschool children ages 15 months to 5 years
- Worked on a team to plan stimulating open-ended activities for children

PRESENTATIONS

Virginia School Counselor Association

Co-Presenter, Secondary Small Group Counseling Smackdown, Hampton, VA. October 2019

Co-Presenter, Elementary Small Group Counseling Smackdown, Hampton, VA. October 2019

Virginia Association for Counselor Education and Supervision

Incorporating Feminist Therapy into a Comprehensive School Counseling Program, Hampton, VA. February 2019

PROFESSIONAL DEVELOPMENT

Facilitating Career Development Certificate – Anticipated May 2020

Virginia Legislative Day – January 2020

Lobbying for reducing the ratios in Virginia to 1:250 for school counselors

Excel Data Bootcamp for School Counselors – October 2019

Applied Suicide Intervention Skills Training (ASIST) – April 2019

A two-day interactive workshop in suicide first-aid teaching how to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety

Poverty Simulation, Piedmont CASA – February 2019, February 2020

Child Abuse & Neglect Training – January 2019

How to identify the signs of abuse and neglect, parameters of mandated reporting, and working with CPS

PROFESSIONAL AFFILIATIONS

Chi Sigma Iota Honor Society, Rho Beta Chapter – *Vice President*

American School Counselor Association (ASCA) – *Active Member*

Virginia School Counselor Association (VSCA) – *Active Member*

Counselor Education Student Organization (CESO) – *Active Member*

LANGUAGE SKILLS

Fluent in English and American Sign Language