



ARPS School Counselor: Rebecca Mayo-Cody

As the school counselor at ARPS, I look forward to working with you and your child this year! Please do not hesitate to contact me if you have any questions, comments or concerns regarding your student. You can contact me by phone here at ARPS: 720-242-6225 or by email:

rmayocody@aspensridgeprepschool.org Check out my

website for helpful parenting info: [ARPS Counseling Website](#)

I love my job at ARPS and since I live here in Erie, I am especially invested in this school and our community. I'm from San Diego, and have lived here with my husband and our son for almost nine years. When I'm not working, I love to have outdoor adventures, travel, spend time with my family and friends, read and write.

Some of the ways I support teachers, students and parents at ARPS...

- Provide individual and group counseling to students.
- Collaborate with parents, teachers, staff and parents to promote positive social-emotional development and address concerns
- Lunch Groups: weekly small groups during lunchtime, with a focus on developing social skills, communication skills and emotional regulation. I incorporate the 7 Mindsets supplementary curriculum
- Provide daily or periodic student check-ins and breaks for students who need time and space to maintain/regain focus, positive mindset and emotional regulation
- Address peer conflicts and facilitate conflict mediation between students when needed
- Provide crisis intervention (I always carry my radio!)
- Assist parents with parenting issues and provide referrals for community resources when necessary
- Coordinate parenting classes on Positive Discipline, Talking with kids about Puberty and Sexuality, Managing Technology, and Child Assault Prevention (CAP program)
- Provide classroom lessons on target topics as requested (Middle school mental health, conflict resolution, team building, etc)
- Assist with monthly character award assemblies
- Coordinate 504 plans
- Facilitate transition from 8th gr to high school (Erie HS tour, communication with HS staff, coordinating HS volunteers to meet with 8th graders etc.)
- Chaperone 5th grade camp
- Etc-- Don't hesitate to ask for help, support and collaboration!