



Hello SES Families!

Welcome to the 2025-2026 school year. As we embark on a new year school year, I wanted to take a moment to introduce myself and share how I will be of assistance to your child's educational journey.

I am Dr. Angela Karamitos, and I am thrilled to serve as the new School Counselor at St. Emily School. I have worn many hats here at SES, including being a parent of SES students, a member of the FSA, the Taffy Apple Lady, and the Fun Fair Coordinator. However, my greatest honor will come from my new role as the School Counselor at SES.

My educational background consists of a Bachelor of Science degree, where I majored in Psychology. Following this, I pursued a Master's degree in Counseling, which provided me with advanced knowledge and skills in the field. To further my expertise, I completed a Doctorate in Counseling Psychology and Education, allowing me to integrate psychological principles with educational practices. This extensive academic journey has equipped me with a comprehensive understanding of both counseling and educational psychology.

My counseling career began 25 years ago, and I have had the opportunity to work in a variety of environments. I started as a Counselor in the Chicago Public Schools and later transitioned to suburban school systems and hospital settings. Regardless of the setting, my passion has always been to help students reach their full potential.

As the school counselor, I am dedicated to providing a safe and supportive environment where students can learn and thrive. I speak a language of hope and blended respect, empathy, curiosity, humor, creativity and patience when working with students. I will be meeting with students individually and conducting classroom social-emotional lessons and working with teachers and staff to help benefit the students.


Support provided can be therapeutic, but the role of the school counselor is not to diagnose or provide therapy. I am able to provide temporary/short term support to help students overcome acute issues that may have an impact on their school performance. I am a resource that can provide help, but will refer out for more serious problems.

As the school counselor, I have the privilege of providing support to every student at SES. Confidentiality is respected, unless the student has a plan to hurt themselves, hurt someone else or someone is hurting them. Although parent consent is not needed to meet with a student, if you would like to request I meet with your child for a specific concern, please do not hesitate to reach out.

Please know that my office door is always open, and I am readily available to listen, support, and guide your child through any challenges they may encounter. Your child's well-being and success are at the forefront of my priorities. I will be sharing my time between St. Emily and another school. I will be on the St. Emily campus on Tuesdays and Thursdays,

I am eager to begin this school year and look forward to building strong relationships with you and your children, to create a nurturing and successful school experience.

Thank You and God Bless,


Dr. Angela Karamitos