

Contact Info

Mrs. Hudgins

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*"I have learned that people will forget
what you said, people will forget
what you did, but people will never
forget how you made them feel."*

Maya Angelou

GET TO KNOW MRS. HUDGINS

I have been in education since 2007. This is my first year as a counselor, and I am so excited! I live in Orchard with my husband and two kids. I love being with my family, visiting the beach, and running. My favorite food is fish tacos, and I love to read. I went to Brazos as a kindergartener all the way to my senior year of high school. This community is near and dear to my heart, and I truly love our Brazos family.



Counseling Services

- *individual counseling*
- *small group counseling*
- *classroom guidance lessons*
- *crisis intervention*
- *consultation with parents and teachers*
- *coordination with outside agencies and therapists*
- *referrals for community services*

Common Issues

anxiety

anger management

friendship skills

stress reduction

conflict resolution

managing feelings

School Counseling



WHY DO KIDS NEED SCHOOL COUNSELING?

- Children learn best when they feel good about themselves and their relationships with others.
- Children who understand their feelings are better able to control their behavior.
- We know that stress can affect focus and learning, but its impact can be reduced with proven self-regulation strategies.
- Schools, parents, and communities that communicate and collaborate provide the most effective support to children.
- Attitudes formed during elementary school shape future attitudes towards learning, self, and society.



FAQS



WHAT EXACTLY DOES AN ELEMENTARY SCHOOL COUNSELOR DO?

Much like the school nurse, my services are available to ALL students, not just those with an emotional disability or in a crisis. It is my job to make sure that students are happy and doing their best at school. This is a tall order since so many factors go into kids doing well, their ability to focus or pay attention, their relationships with peers and teachers, how well they can manage their feelings and impulses, and their lives outside of school. I will address these issues using individual or small group counseling, as well as classroom guidance lessons and even school-wide programs like Red Ribbon Week. I am asking kids to think of me as a coach- I don't solve their problems, but I can help them get through a tough issue or find their own solution.



HOW ARE YOU DIFFERENT FROM A THERAPIST OR OUTSIDE AGENCY?

I will often see children once or twice or in a classroom setting rather than my office. Although I will help children with family problems and behavior at home, my primary role is to deal with school-related problems. Sometimes an issue is better addressed in a therapeutic style and with greater direct parental involvement. Contact me if you'd like me to recommend an outside therapist for your child.



HOW DO CHILDREN COME TO YOU?

Students can come to me in a variety of ways. Usually it's by recommendation of the classroom teacher and/ or the parent. Sometimes they are referred by the office. Students can also ask a trusted staff member to give me a message or approach me themselves to talk to me.



WILL YOU NOTIFY ME IF YOU SEE MY CHILD?

Children may pop in to tell me about a relatively minor or time-limited issue like an argument with a peer or the death of a pet. If that happens, I may not notify you unless: a.) there is a safety concern, b.) your child has asked to see me repeatedly, or c.) if the worry or problem is significant (by adult standards). I will always ask for your written permission if I think your child would benefit from regular meetings with me.