Plainview-Old Bethpage
School District
Middle School Administration

**Plainview-Old Bethpage
Middle School Guidance Department**
Laurie B. Lynn, Director
516-434-3150

Howard B. Mattlin Middle School
Dean Mittleman, Principal
Beth Torreano, Assistant Principal
Thomas Schwartz, Assistant Principal
516-434-3250

Plainview-Old Bethpage
Middle School
John McNamara, Principal
Angela Delessio, Assistant Principal
Joan Wartell, Assistant Principal
516-434-3308

Howard B. Mattlin Middle School Counselors
David Goldberg
Andrea Luzzi
Stephanie Ralton
Cathryn Riley

POB Middle School Counselors
Erica Craig
Danielle Orgonik
Irene Petrsoric
Valeria Zaffers

Plainview-Old Bethpage
School District
Central Administration

Lorna Lewis, Superintendent of Schools
Jill Gierasch, Assistant Superintendent,
Curriculum and Instruction
Timothy Eagen, Assistant Superintendent,
Human Resources
Ryan Ruf, Assistant Superintendent,
Business

www.pobschools.org

Plainview-Old Bethpage
School District
Board of Education

PLAINVIEW-OLD BETHPAGE SCHOOL DISTRICT MIDDLE SCHOOL GUIDANCE AND COUNSELING DEPARTMENT

Group Guidance Programs

Howard B. Mattlin Middle School
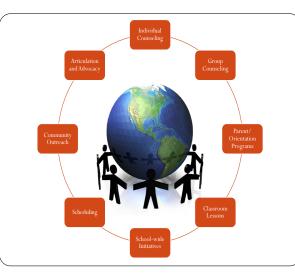
Plainview-Old Bethpage Middle School

Mission Statement

School counselors are professionally trained and New York State certified professionals whose role is to identify and address student needs through the use of a comprehensive school counseling program geared towards student success. Our main goal is to advocate for our students and ensure that they each have a successful middle school experience. We work with students individually, in small groups, and within the classroom setting to support and assist them with their academic, social/emotional, behavioral, and personal development. We also work collaboratively with students, parents, teachers, and other professionals in order to identify and minimize any barriers that stand in the way of student success. In addition, we serve as an important source of information, resources, and referrals.

Individual Counseling

- Crisis intervention
- Conflict resolution
- Academic counseling
- Career counseling
- Decision making skills
- Organizational skills
- Transition planning
- Mandated counseling
- Mediation
- Counseling as needed

Group Counseling

Small group counseling is a unique educational experience in which students can work together to explore their ideas, attitudes, feelings and behaviors, especially as related to personal development and progress in school. School counselors facilitate groups in a structured and nurturing environment which fosters relationships and self-confidence. Members learn to disclose, listen, and give feedback to one another.

Groups may vary, depending on the needs of children. Many groups continue throughout the four years of middle school, while others are short-term.

Examples of Counseling Groups

Stress management – learn strategies to cope with stress
Friendship group – learn ways to make new friends
Social skills - learn and practice social skills in a controlled environment
Bereavement – support group for students who have lost a loved one
Changing Families – families of divorce/separation
New student – familiarize new students with Middle School
Relational Aggression – learn and utilize strategies for positive communication
Organization – learn helpful organizational skills
Study skills – learn helpful study tips and strategies
Time management – learn effective time management strategies
Decision making - learn and practice effective decision making skills
Public speaking - learn helpful skills for public speaking
Problem solvers – learn how to use and apply problem solving skills to real life situations
Self esteem – support for group to assist students in feeling more positive about themselves
Anger management – learn coping skills, triggers, and strategies for managing anger