



School  
COUNSELORS  
inspire

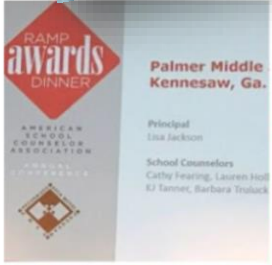


**Barbara Truluck**  
M.Ed., NCC



*2018 Cobb County Middle School Counselor of the Year*

- *ASCA Stress & Anxiety Specialist*
- *ASCA Leadership Specialist*
- *ASCA RAMP Reviewer*
- *GSCA Leadership Team*
- *ASSIST Trained Counselor*



**Dear Students,**  
**1. I trust you.**  
**2. I believe in you.**  
**3. You are cared for.**  
**4. You are listened to.**  
**5. You are important.**  
**6. You will succeed.**

*Inspiring students to Think Big, Dream Big, and Achieve Big!*

Professional School Counselor  
 Palmer Middle School  
 Cobb County Schools  
 @Palmercounselor

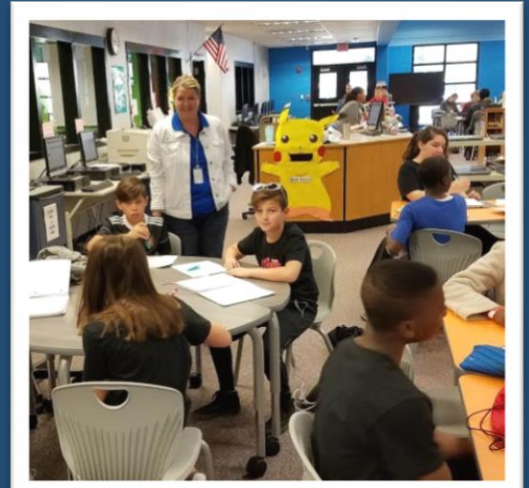
Passing grades improved by 84% as a result of academic classroom instruction.

Instruction – DOUBLED the amount of lessons in the classroom for ALL students, infusing SEL into every lesson!

College Visit Field Trips – helping students envision their futures



- Middle School 101
- STEP-UP Study Skills
- Career Cruising
- Social Media Manners
- Great Kindness Challenge
- Growth Mindset
- Making & Keeping Friends
- Life University
- Signs of Suicide



Social Media Manners lessons decreased reports of cyberbullying by 50%!



Rising 6<sup>th</sup> Grade Transition Program

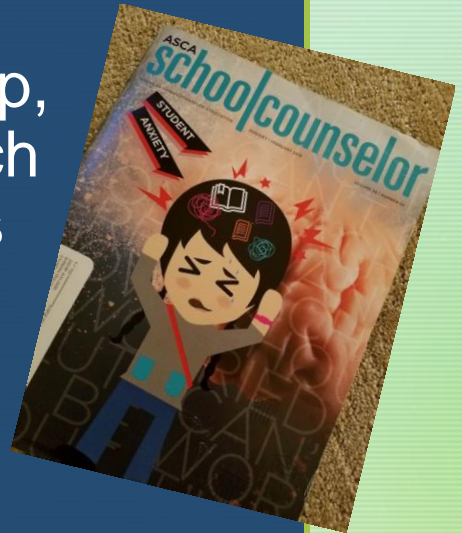


100% Bridge Law completion every year!

# Small Groups – Stress Busters, Champion Boys Group, AVID Leadership Team, Grief & Loss, Friendship Lunch Circles, STARS Girls Group, Military Kids, Study Skills



82% Improvement in attendance for group members of Stress Busters!



100+ school counselors nationwide starting Stress Busters group curriculum after reading Truluck's ASCA article!



Restorative Practice Circles



100% of students report "Stress Busters" works!

## STRESS BUSTERS

For students experiencing high levels of stress, a stress busters small-group intervention may be just the solution they need.

BY BARBARA TRULUCK

The impact of the stress and anxiety epidemic among our nation's students is felt in all areas of the school experience. Chronic worry, stress and anxiety interfere with learning for students who struggle to stay focused in class, while feeling highly stressed. As school counselors, we have an opportunity to help students learn resiliency, coping skills and strategies to de-escalate, return to calm and return to the classroom. By working with students experiencing stress and anxiety in small-group settings, we can teach students how to acquire coping skills necessary to

- reduce anxiety
- and
- help
- build
- resiliency.

Published ASCA Article - "Stress Busters"



# ADVOCACY – helping close-the-gap for ALL students!

Increased to 5 STAR Climate Rating!



IN A WORLD WHERE YOU CAN BE ANYTHING BE KIND



Academic Success Goal Met with a 99% Promotion Rate!



47% decrease in ISS/OSS days for Champions Boys Group!

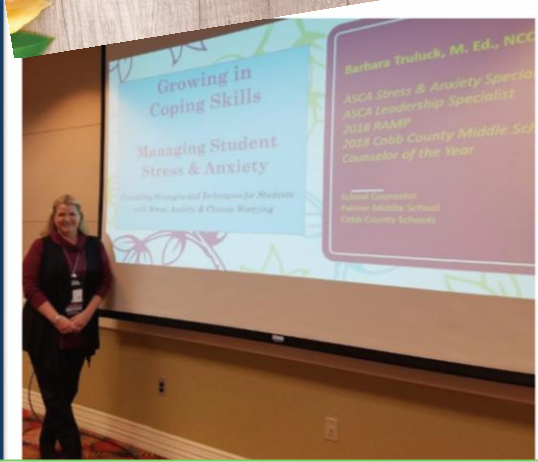
Latino Mentoring Group students' ACCESS scores improved by 89%!



School-wide Attendance improved by 20% with "Attendance Matters" Campaign!



# I absolutely LOVE being a School Counselor!



**LEADERSHIP**  
Presenting at GSCA



**Cobb County School Board Recognition**  
Middle School Counselor of the Year



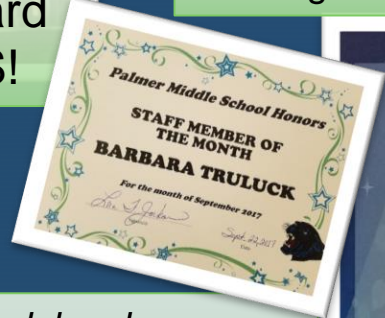
**1st RAMP Award**  
for Palmer MS!



**LEADERSHIP**  
Training New School Counselors



*"When the dream is big enough, the obstacles are small enough to overcome"*



*"Barbara Truluck has been a force to reckon with in the School Counseling world-locally, statewide, and nationally. She has done presentations for anyone who asked and a great resource to several communities."*  
- Anonymous



**First School Counselor**  
to attend ASCA from  
Palmer MS!



**ADVOCACY**  
Representing at the Capital



**COLLABORATION**  
with AVID

Recognition in Cobb School Counseling Sunshine News (May 2019)