
School Counseling

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Purpose

Let's get to know School Counselors:

- Who are they?
- What do they do?

The Challenge

At times throughout the presentation I will make a statement and you decide if it's true or false.

- Thumbs up if it's true
 - Thumbs down if it's false
 - Thumb shaking if it's I'm not sure
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School Counselors

- Professionals who are trained in counseling techniques. They utilize a variety of counseling methods to help students.
 - School counselors have training in human development which allows them to develop plans and programs for students across grade levels.
 - Primary focus of school counselors is to help students develop in three core areas: academics, personal/social and career.
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Comprehensive School Counseling Program

- Individual sessions
- Group sessions
- Classroom guidance lessons
- Student observations
- Crisis intervention
- Collaboration with staff
- Partnering with parents
- Partnering with community organizations

Balance programs vs. always being on call

Academics

- Study skills
 - Test taking skills
 - Time management
 - Organization
 - Goal setting
 - Academic planning
 - Transitions
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Personal/Social

- Self-esteem
 - Self respect and respect for others
 - Assertiveness
 - Conflict resolution and problem solving
 - Decision making
 - Tolerance and acceptance
 - Cultural awareness
 - Character development
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Career

- Career exploration
 - Career awareness
 - Career interest inventories
 - Career research
 - Career planning
 - College readiness
 - Scholarships
 - Financial aid
 - Choices and options
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Student Concerns

- Attendance/tardiness
 - Suspension/expulsion
 - Bullying/harassment
 - Aggressive behaviors
 - Anxiety/Fear
 - Anger management
 - Learning disabilities
 - Mental health disabilities
 - Physical disabilities
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Life Changes

- Separation and divorce
 - Loss and grief
 - Illness
 - Disabilities
 - Birth of a sibling
 - Peer pressure
 - Relocating
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Student Safety

- Bullying/harassment
 - Intentionally excluding
 - Substance abuse prevention/intervention
 - Teen dating
 - Decision making
 - Problem solving
 - Managing behaviors
 - Peer pressure
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Accountability

- Use of data/disaggregated
 - Student advisory committee
 - Parent and community advisory committee
 - Student intervention/IAT
 - School improvement
 - Consultation
 - Collaboration
 - Referrals
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Communication

- School counseling calendar
 - Newsletters
 - School website
 - Back to school night
 - PTA meetings
 - Bulletin board
 - Letters/phone calls home
 - Parent/teacher conferences
 - Survey/questionnaire
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Code of Ethics

- Trust
 - Confidentiality
 - Relationships
 - Advocacy
 - Leadership
 - Collaboration
 - Systemic Change
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School Counselors

- Giving people
 - Loving and supportive
 - Hard-working professionals
 - ASCA - National School Counseling Week
 - February 6-10, 2012
 - Theme - "School Counselors: Helping Students Be Brilliant"
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Contact Information

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