

WHAT SCHOOL COUNSELORS DO

...and a few other things

WHAT IS A COMPREHENSIVE SCHOOL COUNSELING PROGRAM?

As a school counselor I,

- ❖ advocate for students and their care.
- ❖ consult and collaborate with teachers, administrators, parents, and other stakeholders.
- ❖ provide services based on individual needs of the students and the school based on the ASCA (American School Counseling Association) standards of academic, social/personal, and career development.
- ❖ am data driven; any data that I collect provides feedback and acts as a guide to creating the our counseling program.

WHAT I DO

Our School Counseling Program provides:

- ❖ Classroom Guidance Lessons: emotions, coping skills, conflict resolution, communication skills, respect, bullying, self-control, diversity, teamwork, friendship, etc.
- ❖ Small/Large Group work with students: friendship, social skills, study skills, goal setting, self-esteem, grief, divorce, etc.
- ❖ Individual work with students: short-term work to meet social, emotional, and behavioral goals
- ❖ Crisis intervention: crisis prevention, intervention and safety planning
- ❖ Consultation with staff/parents: plan for student needs and provide resources and education
- ❖ Referral assistance: mental health counseling, case management, and crisis support

WHAT I TELL STUDENTS

- ❖ What you say in here, stays in here
 - Exceptions
 - Someone is hurting you or someone else
 - You want to hurt yourself or someone else
 - You tell me I can share with a trusted adult
- ❖ I do not do discipline... however, that doesn't mean that if you come talk to me about something that happened, you will not have consequences for your actions or words.
- ❖ Calm Down Corner

DATA

- ❖ Staff Needs Assessment
 - I will use your answers to create my small groups, individual check-ins with students, and guidance lesson topics
- ❖ Grades 3-5 Student Needs Assessment
 - Student answers will help me see what small groups would benefit them, possible individual check ins, and what topics interest them for guidance lessons

For the month of September...

- ❖ 43 individual student check-ins
- ❖ 4 peer mediation groups
- ❖ 6 recurring individual student sessions
- ❖ 30 student requests to see me
- ❖ 13 Admin/Teacher/Parent referrals for students

STAFF NEEDS ASSESSMENT RESULTS

- ❖ 29 responses (Thank you!!)
- ❖ Areas you'd like to see addressed in guidance
 - 1. Empathy
 - 2. Conflict Resolution
 - 3. Perseverance
- ❖ If you had the power to create a small group, what would be your focus?
 - Diversity, thinking outside of oneself, acceptance of self and others, + gratitude
- ❖ Services Needed
 - Diversity Awareness, social and relationship skills, conflict resolution, and problem solving

SMALL GROUPS

- ❖ I would like to begin small groups within the next couple weeks starting with 4th + 5th grade girls
 - Working on self esteem, sense of belonging, and school/peer connectedness
 - Eventually pair students with high school students as mentors, then use what they learned as mentees to become mentors to our younger students
 - Same concept with boys during 2nd semester or later this semester depending on what I can work out schedule wise.
- ❖ Small group with our older ESOL/Migrant students
- ❖ Younger grades to start later on

I plan on working with each grade level when small groups begin; I do not want students to miss out on instructional time but with my two different weekly schedules, flexibility might be needed.

ADDITIONAL NOTES

- ❖ Please don't ever hesitate to stop in my office to say "hey" or bounce something off of me.
- ❖ I don't have a magic wand, but I promise I will do whatever I can to help support you and your students. If I don't have an answer, I will do my best to find you one.
- ❖ Do you have specific challenges classroom wide? Let me know, I can always design a guidance lesson to help address it!
- ❖ Thank you for being flexible and understanding with me while I learn the ropes at Bethel! I love working with all of you!

Comments? Questions?