

COUNSELING IN THE SCHOOL

Presenters:

Teddi Cunningham, Ph.D.

Karen Rowland, Ph.D.

Professional School Counseling

1

ROLES & FUNCTIONS

- American School Counseling Association (ASCA) is the national professional organization that professional counselors use as a guide in performing their duties and responsibilities as a school counselor.



Professional School Counseling

2

ROLES & FUNCTIONS

- ASCA's national standards serves as the guide in providing the goals and competencies for school counseling programs.
- The national standards address three areas: Students'
 - Students' Academic development,
 - Students' Personal/Social development, and
 - Students' Career Development

Professional School Counseling

3

ROLES & FUNCTIONS

- There are five main roles and functions of the school counselor:
 - Counseling and Coordination
 - Leadership
 - Teaming and Collaboration
 - Advocacy
 - Assessment of Data

Professional School Counseling

4

Counseling and Coordination

- Three different settings for counseling are:
 - large group guidance,
 - individual counseling, and
 - small group counseling



Professional School Counseling

5

Counseling and Coordination

- Large group guidance is usually a planned program with activities that help implement academic, career, and personal/social development of the students.
- For example, a school counselor at the high school could administer a career test to the junior class to begin thinking about their career interests and college major.

Professional School Counseling

6

Counseling and Coordination

- *Individual counseling* is a one-on-one interaction between the student and counselor.
- The school counselor takes on the role of helping the student focus on any personal, social, academic, or career issue that the student needs help with.
- Individual counseling is short-term with a range of 15 to 30 minutes per session.

Professional School Counseling

7

Counseling and Coordination

- An elementary school counselor may see a student individually for:
 - *Fears*
 - *Low self esteem*
 - *Physical concern*
 - *Peer relationship problems*
 - *Study skills*
 - *Learning problems*



Professional School Counseling

8

Counseling and Coordination

- The school counselor also assumes the role of a facilitator of small groups
- Group counseling refers to small groups of no more than 8 members who meet usually once a week to address a specific topic.
- Topics might be *remedial* (study skills), *supportive* (changing families, children of alcoholics), *developmental* (peer relationships, identity development), or *preventative* (anger management, conflict resolution).

Professional School Counseling

9

Counseling and Coordination

- A middle school small group counseling may deal with death and dying (grieving the death of a family member, a student, teacher, friend, etc.)



Professional School Counseling

10

Counseling and Coordination

- Coordination is when the school counselor helps to implement, manage, and evaluate the counseling program.
- The school counselor has the role of coordinating the services that occur between the school system and outside agencies.
- The school counselor may coordinate events such as the school's Career Fair or Red Ribbon Week.

Professional School Counseling

11

LEADERSHIP

- In the leadership role the school counselor influences others to create a shared commitment to a common purpose.
- School counselors are leaders in identifying and removing barriers to high academic achievement and increasing learning opportunities for all students.
- The school counselor serves as a leader by sponsoring student activities, such as peer mediation, or school-wide initiatives, such as character education.

Professional School Counseling

12

Teaming and Collaboration

- When the school counselors and other school personnel work together as a team, the school environment is a positive one that helps students succeed academically.
- School counselors provide support for teachers by coordinating and implementing activities.

Professional School Counseling

13

Teaming and Collaboration

- Through enhancement of skills, collaboration about student behavior and supportive consultation with parents, the counselor works as an ally with teachers in order to handle the demands of the classroom.



Professional School Counseling

14

Advocacy

- Advocacy is an action taken by the counselor to facilitate the removal of external and institutional barriers to the students' well-being.
- Counselors are the first line of defense against barriers to student success and achievement. Counselors empower students and families to make a difference in their own lives.

Professional School Counseling

15

Advocacy

- School counselors advocate for the academic success of all students in an equitable environment.
- As an educational advocate the school counselor understands the educational environment and the academic programs that influence the school counseling program.



Professional School Counseling

16

Assessment of Data

- School counselors use the assessment of data to focus on accountability measures.
- Procedures and process are established to evaluate counseling and guidance personnel as well as a formal review for the student development program.
- Data is used to describe problems, plan interventions, provide advocacy for all students, and target systematic changes.

Professional School Counseling

17

Assessment of Data

- Further, data is used to demonstrate the effectiveness of interventions and programs to increase accountability by evaluating how students are different as a result of the school counseling program.
- Data is also used to communicate information about the effectiveness of both the school counselor and the school counseling program.



Professional School Counseling

18

PROFESSIONAL SCHOOL COUNSELORS

- Can be found in:
 - Elementary School
 - Middle School
 - High School
 - Alternative School



Professional School Counseling

19

■ *Schools
Counselors are
Professionals
who work with
ALL Students,
Administrators,
Teachers, and
Parents!*

PROFESSIONAL SCHOOL COUNSELORS

■ Questions?

Professional School Counseling

20