



Wait...

What's a School Counselor?

Don't you mean Guidance?

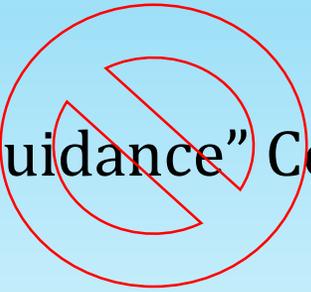
It is confusing because...

...our flag outside our office says it?!!



...and students still say it?!!





The “Guidance” Counselor

The School Counselor

- [VDOE Says no Guidance Counselors](#)
- Why? Because counseling has evolved from when its sole purpose was vocational guidance. As times progressed, new complexities arose and additional challenges to students and staff surfaced. It became evident that guidance programs needed to change with the times. **Guidance is a service, School Counseling is a program**
- The result? An educational shift occurred and student psychological, personal, and educational issues began to dominate



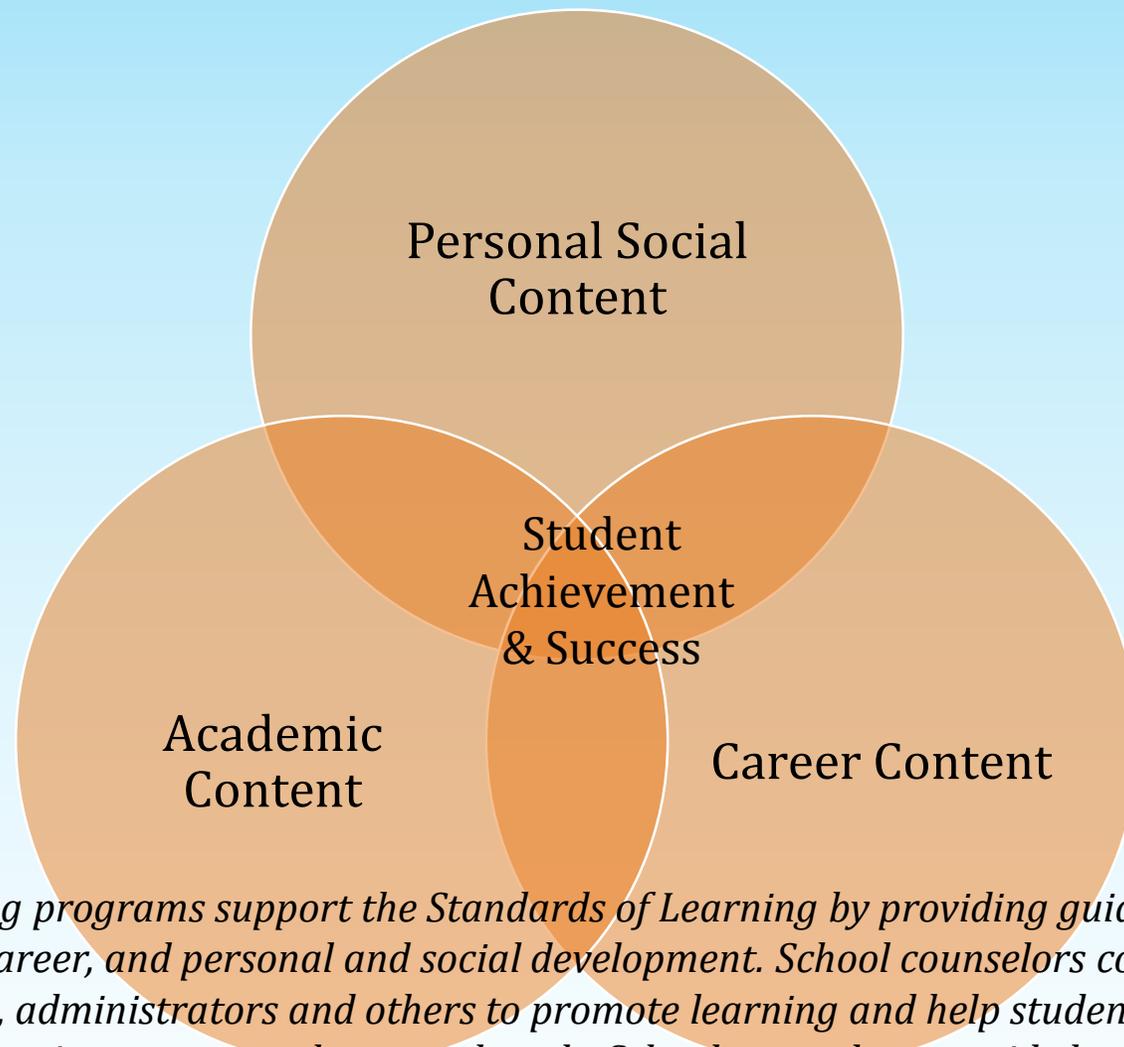
Do you remember?

What was your counselor's name?

Did they help you at all?

Were they perceived as helpful to students at your school?





“School counseling programs support the Standards of Learning by providing guidance to students in their academic, career, and personal and social development. School counselors collaborate with parents, teachers, administrators and others to promote learning and help students establish and achieve their education, career, and personal goals. School counselors provide leadership to ensure that students benefit from effective strategies and services aligned with the Standards for School Counseling Programs in Virginia Public Schools.” – Virginia DOE Website



Who are we?

- We are advocates for teachers, students, administrators, and parents
 - We are your teammate – we respect what you do!
 - We are confidential
 - We help problem solve
 - We are consultants
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So what happens when we see a student?
Our goal is for students to be in class.





How we can help you

- School Counselors can help you understand the whole student.

When teachers notice red flags, such as behavioral issues or grades, counselors can help teachers gain a more complete understanding of the issues behind the actions.

- Consult with counselors for advice

When teachers find themselves stuck with strategies that aren't working with a student, a counselor can help teachers gain fresh ideas.

- Tackle problems before they become insurmountable

When teachers sense trouble brewing in class, language or behavior that causes anxiety, talk with a school counselor who can help trouble shoot and prevent a situation from escalating





How we can help you

- Offer students an empathic listener

When students are having problems that seem personal or sensitive or that have the potential to get them into trouble, send them to the counselor who can provide a sounding board and help find solutions.

- Guide students' decision-making

When students act out repeatedly in class, teachers should inform a counselor who can work with them on decision making. School Counselors can also help the child reframe the situation and illustrate how different behaviors might lead to different outcomes.



- Collaborate with a counselor to integrate lessons

We love the classroom!





How we can help you

- Allow a counselor to make peace

When students can't get along in class despite the teacher's attempts to separate them or diffuse tension, a counselor can mediate and work out a plan for how the parties can peacefully coexist.

- Counselors can clarify the severity of a problem

As students develop physically, rapid changes in their mood or behavior can leave teachers wondering whether certain behavior is normal or a cause for deeper concern. School counselors can help get at the heart of what's really going on.





Other Common Concerns

- The Parent Email
 - Always use your school account!
 - Never discuss contentious, highly confidential or emotional issues. These issues should be dealt with face to face or by phone.
 - Use professional practices- such as correct grammar, format, and salutation.
 - Emails should be short and directional in nature and include only facts.
 - Do not discuss other students or other staff members
 - Never say you think someone has a disability
 - Examples?
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- 





Other Common Concerns

- The Parent/Teacher Conference
 - Prepare for the conference- take time to observe the particular student, look specifically at their grades before coming to the meeting
 - Describe what you see in the classroom in as much detail as you can- help the parents gain a visual perspective of what happens in the classroom.
 - Be ready with examples for the student to improve or ways to help the situation- more often than not, parents want to learn how they can better help their child succeed.
 - Dealing with difficult parents: There is an old saying that the best way to have the last word is to apologize. This saying is often effective in diffusing situations and moving forward towards a common goal
 - If you are meeting without a school counselor, do not be afraid to end the meeting. If saying, “please don’t talk to me like that” does not work. Then say I’m sorry but this is not a constructive meeting and I need to end it. Alert an administrator. If a school counselor is there, usually they will excuse the teacher and end the meeting.
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Other Common Concerns

- Student Confidentiality

“What you say in here, stays in here!”

Exceptions:

Someone wants to hurt you.

You want to hurt someone.

You want to hurt yourself.





Questions and Answers

Use your Smartphone and go to

<http://www.todaysmeet.com/GHSCounselors>





Counseling Help



The School Counselor
is IN

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A vertical sign with a red background and a white window. The sign is titled "Counseling Help" at the top. In the white window, there is a cartoon illustration of Lucy Van Pelt from the Peanuts comic strip, wearing a yellow shirt and holding a black mobile phone to her ear. Below the window, the text reads "The School Counselor is IN", with "is" in a smaller font and "IN" in a white box. At the bottom of the sign, there is a small copyright notice: "PEANUTS © United Feature Syndicate, Inc."