



## How do students benefit from a school counseling program?

The counselor's primary task is to help ALL students become better learners by providing a comprehensive program that meets their academic, personal/social, and career development needs.

## Direct Services

### Classroom Guidance and Individual Planning

To support the American School Counselor Association (ASCA) student standards to achieve academic success, college and career readiness and social/emotional development.

#### Category 1: **Mindset Standards** –

Includes standards related to the psycho-social attitudes or beliefs students have about themselves in relation to academic work.

#### Category 2: **Behavior Standards** –

These standards include behaviors commonly associated with being a successful student. The behaviors are grouped into three subcategories.



##### a. **Learning**

**Strategies:** Processes and tactics students employ to aid in the cognitive work of thinking, remembering or learning.

##### b. **Self-management Skills:**

Continued focus on a goal despite

and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures (delayed gratification, self-discipline, self-control).

c. **Social Skills:** Acceptable behaviors that improve social interactions, such as those between peers or between students and adults.

#### **Examples:**

- Scheduling: course selection

- Post-Secondary Planning (College, Vocational, Military, Employment)

- Financial Aid, Scholarships  
Enrichment Opportunities



- Healthy relationships, drug awareness/prevention, suicide awareness/prevention

## Responsive Services

### Individual Counseling

Individual counseling is available for those students who need to talk. Students can receive individual

counseling services through self-referrals, parent/guardian referrals, teacher referrals, or from counselor observation.



#### **Examples:**

- Loss
- Stress Management
- Crisis Response (Threat Assessment)

## Indirect Services

### Referrals

There are times when a student and/or family may benefit from a more specialized source of help. In these cases the counselor serves as a resource for families in referring them to social and community agencies.

### System Support

The counselor seeks to enhance the total school counseling curriculum by collaborating with community agencies, and working as a team with parents, teachers, and administrators.