

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 development, career development and social/emotional 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:** Tools for students to use to help cognitive work of thinking, remembering, and learning.

b. **Self-management Skills:** Continued focus on a goal despite obstacles 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, credits
- **Post-Secondary Planning:** College, vocational, military, or employment
- **Financial Aid:** Local, state, and national scholarships, grants, or loans
- **Enrichment Opportunities**
- **Guidance Lessons:** Healthy relationships, suicide, bullying, substance abuse awareness and prevention (*among others*)

Responsive Services

Individual Brief Counseling

(This is not therapeutic counseling)

Individual brief counseling is available for those students who need to talk. Students can receive individual brief counseling services through self-referrals, parent referrals, teacher referrals, or from counselor observation.

Examples:

- Loss
- Stress Management
- Crisis Response
(Suicide and Self-Injury Assessment)

Indirect Services

Resource Sharing

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 by sharing contact information for local 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/guardians, teachers, and administrators.