

# What is a school counselor?

School counselors are professional educators with a mental health perspective who understand and respond to the challenges presented by today's diverse student population. School counselors do not work in isolation; rather they are integral to the total education program.

School counselors implement the counseling program by providing:

## **Classroom guidance**

- Academic skills support
- Organizational, study and test-taking skills
- Career planning
- Education in understanding self and others
- Coping strategies
- Peer relationships and effective social skills
- Communication, problem-solving, decision-making and conflict resolution
- Career awareness and the world of work

## **Individual Student Planning**

- Goal setting
- Academic plans
- Career plans
- Problem solving
- Education in understanding of self, including strengths and weaknesses
- Transition plans

## **Responsive Services**

- Individual and small-group counseling
- Individual/family/school crisis intervention
- Peer facilitation
- Consultation/collaboration
- Referrals

## **System Support**

- Professional development
- Consultation, collaboration and teaming
- Programs management and operation