

## **SCHOOL COUNSELLING**

### **What is a School Counselling Programme?**

School Counsellors provide comprehensive programmes and services that help students develop their personal, social, and work lives. School Counsellors involve parents, teachers, other school personnel, and members of the community in assisting students' development into effective members of the community. More specifically, School Counsellors use the guidance curriculum and individual and small-group counselling to help students develop aptitudes such as:

- Skills in communicating, cooperating, and resolving conflict
- The ability to engage in behaviours that foster good physical and mental health and to avoid behaviours that detract from good physical and mental health
- Skills in planning and making decisions, resulting in higher self-efficacy and a sense of personal responsibility
- An awareness of resources about educational and vocational opportunities and ways to access those resources
- Positive attitudes toward one's self, as both a student and a potential worker
- An awareness of and appreciation for both genders and the contributions of cultural diversity in society
- A comprehensive plan for school and work experiences through high school and beyond
- School Counsellors work with the school community to
  - Help create a positive school climate in which children can learn.
  - Assure a coordinated team effort to address the needs of all students.
  - Help ensure student access to school and community resources.

### **Goals of School Counselling**

The School Counsellors at BBIS work directly with students in individual and group counselling sessions as well as in classroom guidance lessons so that students may:

- Be successful in school
- Establish effective study skills
- Adjust to a new school and country
- Develop positive feelings about work, family, and society
- Build positive feelings toward themselves and others
- Develop skills in interacting and communicating with others
- Cope with change in themselves and their surroundings.
- Identify and accept their own and others' strengths and weaknesses
- Recognise the causes and effects of their actions
- Receive crisis intervention when necessary

### **How Does School Counselling Work?**

Counselling is conducted with students individually, in small groups and in classroom settings. Individual counselling is voluntary and confidential. Parental permission is obtained prior to any regular group or individual counselling. Counsellors may be involved in helping to resolve student conflicts or temporary difficulties. Students are seen by the counsellor when:

- Parents request and indicate a need and desire that the School Counsellor meet with their children.
- Students request counselling.
- Teachers, administrators, or other school staff members refer the student.