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Norman high school counselors

When you meet privately with a school counselor, your conversation is likely to be confidential. The counselor isn't going to blame your business around the school. However, different schools have different policies. So speak directly to your counselor about what he or she considers confidential. In very rare cases, a counselor cannot keep information confidential. A counselor who thinks that someone is at risk of being harmed is required by law to share that information. Even in these rare cases, the counselor will share that information only with the people who need to know. People sometimes worry that other students will think they see the counselor because they have big problems or they're in trouble. But in most schools, the counselor deals with many school issues — as well as personal ones. So you can meet up to get career counseling or advice on which classes to take for college. Your friends and classmates don't need to know why you see the counselor unless you choose to tell them. Your school counselor is someone who is separate from your life — a neutral adult who is not a parent, family member or teacher. Your school counselor is not a therapist. (So if you see your counselor, it's not the same as getting therapy.) If you somehow need help the school counselor can't provide, he or she can give you information about other resources, such as the name of a therapist. No matter what your problem, try to think of the counselor as someone who is on your side. Even if you've had a bad experience with another counselor or a private therapist in the past, don't hesitate to contact your school counselor — or talk to the counselling office to see someone else if you don't click with your current counselor. Each counselor is different, and most understand that it is natural for people to be more comfortable with some individuals than others. Don't be surprised if your parents know your school counselor. They can even be in touch with each other. Sometimes counselors offer workshops for parents, with or without their children, on topics such as study skills or preventing substance abuse. It's good for the counsellor and your parents to know each other when everything goes OK. That way, if any problems come up — like if you get bullied or there's a death in the family and you have to be out of school — they'll be able to work together comfortably. If you see your counselor and your parents don't know about it, don't worry that the counselor will talk to them about your meetings. Unless you have given the counsellor the feeling that you can harm yourself or others, what is said in your meetings will only remain between you and the counselor. School counselors are about helping make your school experience the best it can be. The role of the school counsellor today is very different from what it like when your parents were in school. Instead of just focusing on school work and careers, today's counselors are there for students in a broader way. They help students cope with almost any problem that can get in the way of learning, lead students to productive futures and try to create a positive environment for everyone at school. So if you need a counselor's advice, just ask! Reviewed by: Steven Dowshen, MD Date Reviewed: October 2015 School Counselors are people you can turn to when you need help. They're good listeners, and they want to help you get the most out of school. School counselors help students cope with all types of problems. For example, they can help if a child is: to be bullied at school struggling in maths and need extra help, new to school and don't yet have friends upset about a family problem, such as divorce or death from a loved one struggling to concentrate on homework with friendship problems that feel nervous about what to expect at middle school next year if you're going through any type of problem , a good person to share your thoughts and feelings with is your school counsellor. How do I meet my school counselor? It's a good idea to know the school counselor, even if you don't need help right now. Some school counselors visit the classroom to learn lessons about feelings, study skills, friendship skills, stand up for yourself, or deal with bullying. Students can also meet privately with their school counselor in the counsellor's office. Some counselors have special group meetings for children who all deal with the same issue — such as divorce in their family, or a loved one who died. If you want to speak privately to your counselor, ask your teacher, your parent or someone who works in the school office. Reviewed by: Steven Dowshen, MD Date reviewed: August 2016 School Guidance Counselors provide important mental health and educational support services to help students throughout their school careers. They assist students with personal problems, provide guidance on future educational and career options and help parents and school staff with understanding and solving problems with students. If you have the right personality and skills for the job, a career as a school guidance counselor can be a pleasant and rewarding choice. Enough holiday time is one of the main advantages of working as a school guidance counsellor. School counsellors usually work for nine months out of the year and have the summers off, which can be especially beneficial for working parents who have to arrange for childcare during the school year. During the school year, their work schedules follow school schedules, so they also have time off for holidays, winter and spring breaks and other days when schools are closed. But some counselors may choose to work during the summer if their services are required they want to additional income. Helping students overcome obstacles to teach them and help with development, social and family problems can be a meaningful way to earn a living. While there are a number of professions that involve working with children in a guidance capacity, school guidance counselors have the opportunity to focus most of their energy on students so they can reach their full educational potential. In an interview with US News and World Reports Careers, school counseling counseling director Gail M. Smith says counseling counseling is one of the best professions in the world because guidance counselors can work directly with students and help them achieve. There's never a dim moment for most school guidance counselors. School guidance counselors usually have busy schedules filled with diverse responsibilities that can make their days anything but boring. Some of the duties facing a school guidance counselor over the course of a day include meeting with students individually to discuss specific academic or personal concerns, consulting with teachers and other student support staff to provide guidance on issues affecting students, administering tests to help students discover their specific interests or talents , to advise high school students on college and financial aid and tuition of job interview skills. School guidance counselling can be an advisory career choice for assertive, outgoing people who enjoy regular social interaction. School counselors don't work in isolation - their days are filled with collaboration and interactions with students, parents, teachers, support staff, activities administrators and outside service providers, such as social services workers. Since they communicate with students and staff individually or in a group and lead psycho-educational groups on diverse topics, school guidance can be a beneficial career for people who enjoy leading and training others in a variety of formats. The responsibilities of a school counselor, contrary to popular belief, go beyond just handling college applications. In addition to making sure that students' college application forms are in order, school counselor responsibilities also include regulating the schedules and personal development habits students must stay on track. Course optimization Advice In the process of preparing for their collegiate careers, students will often need advice on what courses to take before they start with their undergraduate programs. Because the kinds of courses students will take in the years leading up to their college applications can have a heavy impact on what they're prepared for, a school counselor might be essential to making sure that they are able to choose and choose which classes are best suited for their goals. If a student wants to drop a class in a field not fully contribute to what they have in mind for their undergraduate aspirations, a school counselor can help them replace those dropped classes with something that's a much better fit for their aspirations. Leading problem students In addition to helping driven students be better able to schedule their classes appropriately includes the responsibilities of a school counsellor to also have an active hand to deal with the tougher students. Students struggling to stay within the lines may have the help of the school counsellor to get the right kind of perspective they need to unlearn it through their daily responsibilities with their educational career. All-Inclusive Support In a sense, a school counselor can be said to act as an organizational and educational pillar for the students to make sure that they are kept in all aspects of shottastic success, both educational and social on track. The personal development that a student goes through throughout the year is as important as the educational coursework they will make in terms of their career choice. School counsellors can be instrumental in helping ensure this personal development sends in a way that is conducive to their continued success. Age-targeted Advice The various institutions in which school counselors provide their services can also include elementary school, primary school, high school and universities. Depending on what the expertise of the school counsellor is, some may be better suited to the advice of children or adults respectively. Although the different areas of academic focus that different students have in mind will vary depending on their ages and what their personalities and goals are, well-educated school counselors will have the right breadth of experience and mentorship skills to help all students equally as advice general experts. If effective in their duties, a school counsellor will not only be instrumental in helping a student to be better able to make it through their coursework, but also in developing the professional skills they will have to perform to the highest standard in the professional world. See also: The 20 Best Online Masters in School Counseling Programs

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