

FAQs



What exactly does a school counselor do?

Our services are available to ALL students, not just those in a crisis. It is our job to make sure that students are happy and doing their best at school. School Counselors support students with learning strategies, self-management and social skills (i.e. strategies to focus and pay attention, improving relationships with peers and teachers, managing feelings and impulses). School Counselors address these issues using individual or small group counseling, as well as, classroom guidance lessons and even school-wide programs like "Kindness Week." School Counselors hope that students can see them as a trusted adult who helps them develop skills and cope with difficult situations. In addition to supporting students, School Counselors engage in leadership, advocacy and collaboration with school staff, administration and community/family members in the delivery of programs and activities to help students achieve success.



How are School Counselors different from an outside therapist?

School Counselor's primary role is to deal with school-related issues that impact their learning. When students are facing issues that may require more support and the need for greater parental involvement a therapeutic setting may be a better option. School Counselors can meet students for up to 1-8 sessions, as needed, in a classroom or office setting. Contact your School Counselor if you would like a referral to an outside therapist for your child.



How is a student referred to a School Counselor?

Students are referred to a School Counselor in a variety of ways. Usually it's by recommendation of the school administrator, teacher, and/or parent. Students may also approach the School Counselor themselves, leave a note in the office to request to see a counselor, or a friend can refer a student because they are concerned about another student.



Will you notify me if you see my child?

Students frequently pop in to tell a School Counselor about relatively minor issues like an argument with a peer or the death of a pet. If that happens, School Counselors may not notify you unless: a) there is a safety concern, b) your child has asked to see me repeatedly, or c) if the worry or problem is significant (by adult standards). School Counselors will always ask for your written permission if they think your child would benefit from meeting on a regular basis for up to 8 weeks.