

See your professional school counselor if you can circle four or more of these Adverse Childhood Experiences (ACE).

**ABUSE**



Physical



Emotional



Sexual

**HOUSEHOLD DYSFUNCTION**



Mental Illness



Mother treated violently



Divorce

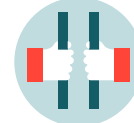
**NEGLECT**



Physical



Emotional



Incarcerated Relative



Substance Abuse

ACE scores of 4 or more increase health risks in the areas below. See your school counselor for help and resilience skills.

**BEHAVIOR**



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

**PHYSICAL & MENTAL HEALTH**



Severe obesity



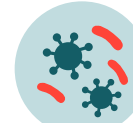
Diabetes



Suicide Attempts



Depression



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

Image: CDC, Robert Wood Johnson Foundation

Get to know your **SCHOOL COUNSELOR**



## ABOUT PROFESSIONAL SCHOOL COUNSELORS

Professional school counselors complete a master's degree in counseling and have a minimum of two years teaching experience.

The school counseling program is centered around four major components:

1. Prevention Education
2. Responsive Services
3. Individual Student Planning
4. Indirect Student Services

Each component is part of a balanced, comprehensive program designed to enhance students' success in the classroom and in their personal lives.

Fort Worth ISD professional school counselors enhance the learning process for all students using the **American School Counselor Mindsets & Behaviors for Student Success: K-12 College and Career-Readiness Standards for Every Student** to guide their work around three domains for students: academic, career and social/emotional development.

## WHAT PROFESSIONAL SCHOOL COUNSELORS DO

Professional school counselors play a crucial role in maximizing educational opportunities. Counselors collaborate with parents, teachers and others in the community to:

- Prevent and eliminate barriers to learning,
- Equip students with the personal skills needed to lead healthy and successful lives, and
- Assist students' college and career readiness by exploring and pursuing academic and career opportunities. School counselors provide help and support to students of all ages, races, cultural backgrounds and circumstances to master the challenges of life!

### PREVENTION EDUCATION

These lessons are designed to help all students develop basic life skills through small group and classroom lessons that focus on:

- Decision making; Goal setting
- Self and Social Awareness
- Responsible behavior
- Coping skills and help-seeking behaviors



### RESPONSIVE SERVICES

Responsive services are activities designed to meet students' immediate needs and concerns. Responsive services may include counseling in individual or small-group settings or crisis response, to address:

- Risky behaviors
- Attendance issues
- Peer relationships
- Study skills
- Anxiety and stress
- Substance abuse

### INDIRECT STUDENT SERVICES

These are services that indirectly benefit students, such as:

- Parent education
- Professional development
- Community outreach
- Program development



### INDIVIDUAL STUDENT PLANNING

This time is used to guide students as they manage their educational, career, and personal social development, and to help them set immediate and long-term goals.

School counselors meet with classes, individual students and small groups. The counselors consult with teachers and parents to meet the needs of the whole child.

Counselors are vital members of the school team. In partnership with school personnel, parents and community members, counselors help students recognize their highest potential.

