AMHERST CENTRAL SCHOOL DISTRICT
COUNSELING PLAN

GRADES PreK-12

Revised April 2026

AMHERST CENTRAL SCHOOL DISTRICT

Comprehensive School Counseling Program

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Pre K-12 Comprehensive School Counseling Plan

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Introduction

School counselors deliver school counseling programs that enhance student growth in three domain areas: academic, career, and social/emotional development. As a part of that program, school counselors implement strategies and activities to help each and every student enhance their academic development – the mindsets and behaviors students need to maximize their ability to learn – while recognizing that growth in all three domains is necessary for students to be successful now and later in life.

(American School Counselor Association Position Statements revised 2023)

The Role of the School Counselor

(American School Counselor Association role defined 2025)

School Counselors create comprehensive school counseling programs that focus on student outcomes, teach student competencies, and are delivered with identified professional competencies.

The National School Counseling Model incorporates national standards, the comprehensive process and results-based accountability, while considering the developmental needs of every student. The four main components of the model are:

1. The **foundation** of the program which addresses the belief and mission that every student will benefit from the school counseling program in the areas of academic, career, and personal/social domains.

2. The **delivery system** which defines the implementation process and the components of the comprehensive model (guidance curriculum, individual student planning with students, responsive services and system support).

3. The **management system** that presents the organizational process and tools needed to deliver a comprehensive school counseling program. These processes and tools include: agreements or responsibility, use of data, action plans, and time and task analysis; monthly calendars.

4. The **accountability system** which helps school counselors demonstrate the effectiveness of their work in measurable terms such as impacts over time, performance evaluation, and a program audit.

Distribution of Total School Counselor Time

Delivery System Component	Elementary School % of Time	Middle School % of Time	High School % of Time
Guidance Curriculum	35%-45%	25%-35%	15%-25%
Individual Student Planning	5%-10%	15%-25%	25%-35%
Responsive Services	30%-40%	30%-40%	25%-35%
System Support	10%-15%	10%-15%	15%-20%

Adapted from Gysbers, N.C. & Henderson, P. (Eds.) (2002). Developing and managing your school guidance program, (3rd ed.), Alexandria, VA: American Counseling Association. (ASCA: National Model for School Counselors 4th edition, 2019)

Comprehensive School Counseling Program

NYS Appendix A: Part 100 and School Counseling Programs (2019 updates)

Professional Standards- ASCA School Counselors Professional Standards & Competencies. Knowledge, attitudes, and skills to meet the demands of the profession. Ethical standards are used in decision making and professional practice.

Student Standards- ASCA Mindsets and Behaviors for Student Success: K-12 College and Career-Readiness for Every Student



Benefits of Comprehensive School Counseling Program

Comprehensive developmental school counseling programs positively impact students, parents/guardians, teachers, administrators, boards of education, and other student services personnel, school counselors, business, and industry.

The Comprehensive School Counseling program is developed in accordance with the following:

1. Part 100 & 100.2(j) of the New York State Commission of Education Regulations (Appendix A & B)
2. New York State certification requirements for School Counselors (Appendix C)
3. American School Counselor Association Ethical Standards (Appendix D)
4. National Standards for School Counselors (Appendix E)
5. New York State Learning Standards (Appendix F)
6. Every Student Succeeds Act (2015). (Appendix G)

Amherst Central Comprehensive Counseling Program

The Amherst Central School District mission is to prepare all students to excel in a dynamic world. The district focuses on fostering skills such as reasoning, problem-solving, applying knowledge, communication, and collaboration to ensure student success in a changing global environment.

Amherst School Counseling Program Mission Statement

To provide a comprehensive, developmentally appropriate counseling program that targets the academic, career, and social/emotional success of all students. Success is defined by the ability to possess functional autonomy in student goals.

The school counselor will serve as an advocate of student success by making connections between all system wide stakeholders including teachers, staff, administration, student peers, parents, support staff, district organizations, and community agencies.

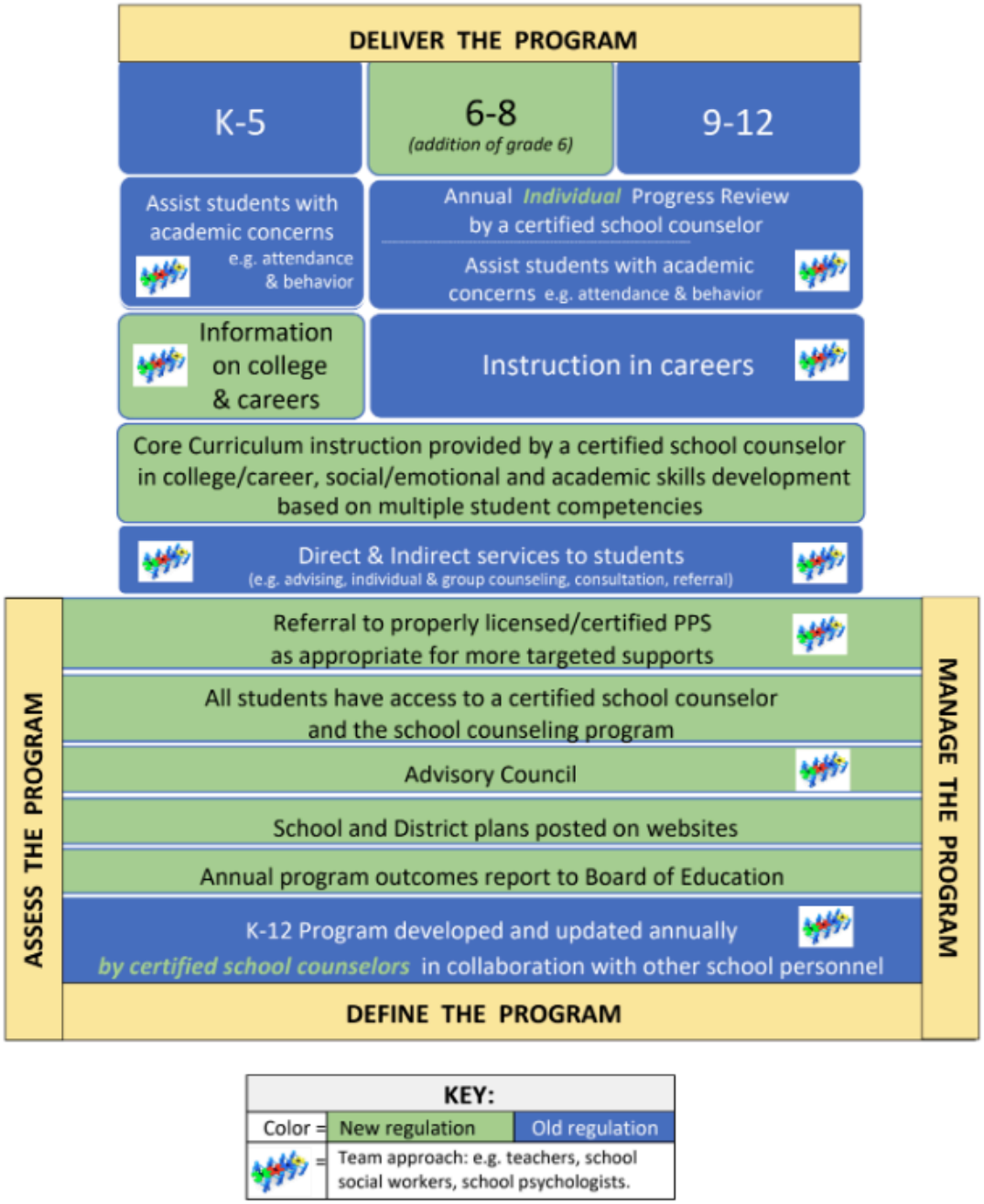
Amherst School Counseling Program Core Values and Beliefs

- All students are capable of developing and demonstrating the knowledge, skills, abilities, and character needed to participate in a global society as responsible citizens.
- School counselors have skills to provide support to aid each student in their growth and development.
- School counselors are professional advocates who collaborate with students, faculty, staff, parents/guardians, and community stakeholders to maximize student potential.
- Targeted interventions based on the Response to Intervention framework help a counseling program support all students. An example can be seen in Image 1, below.

Counseling Program Vision

All students should have access to professional school counseling services through developmentally appropriate supports. School counselors help students to reach their potential as responsible and productive citizens. Every student will be able to reach their academic, career, and social/emotional goals through targeted systemic and individual programming.

Image 1: [Guidance Pertaining to Commissioner's Regulation §100.2(j) Guidance Programs and Comprehensive Developmental School Counseling/Guidance Programs]



Counseling Plan Standards/Domain