

# What Does a School Counsellor Do?



# An Elementary School Counsellor Provides:

- Counselling Services
  - Intended to be short term, goal-oriented, and not a replacement for long-term, out of school therapy
- Crisis Response
  - Provide support and assistance to students, teachers, and families as they navigate crisis/emergency situations
  - Consultation, individual or small group counselling, crisis response, referrals, and peer mediation
- Individual and Small Group Planning
  - Activities to help and encourage individuals/small groups establish and work towards a goal

## Counsellor Role (Con't):

- Indirect Student Services:
  - Consultation → how to best support student achievement with staff, administrators, and parents
  - Collaboration → working with staff, parents, and community organizations to help achieve student success
  - Referrals → helping students and families with community based support or information

## Elementary School Counsellors Can Help Staff:

- Understand students situations, and help meet the students where they are personally, socially, emotionally, academically, and behaviourally

## Elementary School Counsellors Can Help Students:

- Develop a better understanding of themselves, and gain acceptance for perceived flaws
- Cope with life changes
- Develop problem solving and decision making skills
- Develop emotional and social skills
- Assist students to help improve self-esteem and self control
- Provide ideas for coping skills to use at school or home
- Teach students to advocate for themselves

## Elementary School Counsellors Can Help Parents:

- Understand the student's emotions and behaviours
- Access community resources when or if needed
- With strategies to use at home with difficult behaviours