

II B.Sc
COUNSELLING II
SEM IV

Unit – IV
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What Is Educational Counseling?

Owing to intense competition and peer pressure students often face a dilemma to make the right career choice for them. This leads to a lot of confusion, doubts in them and make students succumb to stress, anxiety and depression. This is where education counselling comes into picture. Here students are advised not just on ways to build the right career path for them but are provided support to help them grow as individuals and professionals.

Educational Counselor

An educational counselor is a counselor who works with school students in a school environment. Schools now hire educational counselors to assist special needs children with their studies, provide career counselling, based on the options available to students and also help students with their personal issues. The most important duty of an educational counselor is to understand the hopes, aspirations and dreams of a student. They should know the strengths and weaknesses of the student, and handle them very carefully. They also interact with parents, guardians, and other administrators regarding a student's behavioural, academic, and other problems.

Some students may be suffering from domestic abuse, like fighting or divorced parents or some learning disabilities, then in such cases educational counselor needs to take a charge to make the child overcome of all this. These factors too affect a child's growth. Thus, an educational counselor makes a child overcome from any personal, social or behavioural problems.

Education counselors plays a vital role in the career planning process of students. In the clutter of hundreds of desired career options, these counselors assist students in making sensible career decisions. They evaluate a student's abilities, interests

and skills through interviews, personality and aptitude assessments, etc. They match if the mutually chosen career path is best suited to the candidate's profile, interests and limitations.

An educational counselor is trained and has good amount of knowledge on educational opportunities. For e.g. If the student wants to study abroad, wants scholarship, or needs any information on college training programmes then these counselors help them out with the required information. They help young futures to develop good personality and embrace life skills so that they can face the challenging world better. They [guide them for job interviews](#), resume preparation, job searching strategies, and other factors that are important for career exploration.

They guide students to develop organisation, [time management](#), stress management, effective study habits and other such vital skills. Education counselors focus their energies on identifying and dealing with personal, behavioural, social and scholastic problems that affect student performance, achievement and even relationships. They provide individual/group counselling on varied issues like bullying, peer pressure, pressure to perform, low self-esteem and so on. This helps them to come out more confident, mentally strong and mature to handle situations affecting their educational and vocational life.

In today's world, counselors also have to be involved in helping students deal with learning disabilities, substance abuse, death, suicide, divorce and other crisis situations. Educational counselors also collaborate with parents, teachers and other school staff in a bid to monitor and evaluate educational progress, update them about individual growth so that the student has the best chance of success. They also carry out workshops and seminars in schools and colleges to provide a wide range of educational and occupational information. They are also responsible for conducting peer counselling program in school setting where students are trained to help the troubled students and sometimes trained to help themselves. Thus, educational counselors are important part of schools and colleges now.

Research shows school counseling programs, as outlined by “The ASCA National Model: A Framework for School Counseling Programs,” have a positive impact on student achievement. The development and implementation of these programs requires leadership from well-trained, highly competent middle school counselors and collaboration with school administrators, classroom teachers, school staff and community stakeholders.

MIDDLE SCHOOL STUDENTS' DEVELOPMENTAL NEEDS

Middle school is an exciting yet challenging time for students, their parents and teachers. During this passage from childhood to adolescence, middle school students are characterized by a need to explore a variety of interests, connecting their learning in the classroom to its practical application in life and work; high levels of activity coupled with frequent fatigue due to rapid growth; a search for their own unique identity as they begin turning more frequently to peers rather than parents for ideas and affirmation; extreme sensitivity to the comments from others; and heavy reliance on friends to provide comfort, understanding and approval. Identifying students' academic and social/emotional needs, as well as providing any necessary interventions, is essential in removing barriers to learning and helping students develop skills and behaviors critical for academic achievement. The knowledge, attitudes and skills students acquire during these years build the foundation for future success.

MEETING THE NEED

Middle school counselors are educators uniquely trained in child and adolescent development, learning strategies, selfmanagement and social skills.. They implement a school counseling program to support students through this important developmental period. The school counseling program provides education, prevention and intervention activities, which are integrated into all aspects of students' lives. The program teaches students the knowledge, attitudes and skills necessary for academic, career and social/ emotional development. Middle school counselors do not work in isolation; rather they are integral to the total educational program. They provide a proactive program that engages students and includes leadership, advocacy and collaboration with school staff, administration and community/family members.

Academic, career, college, and social-emotional interventions and services[\[edit\]](#)

The four main school counseling program interventions include school counseling curriculum classroom lessons and annual academic, career/college access/affordability/admission, and social-emotional planning for every student; and group and individual counseling for some students.^[1] School counseling is an integral part of the education system in countries representing over half of the world's population and in other countries it is emerging as a critical support for elementary, middle, and high school learning, post-secondary options, and social-emotional/mental health.^[2]

An outdated term for the profession was *guidance counselor*; *school counselor* is used as the school counselor's role is advocating for every student's academic, career, college access/affordability/attainment, and social-emotional competencies and success in all schools.^[3] In the Americas, Africa, Asia, Europe, and the Pacific, some countries with no formal school counseling programs use teachers or psychologists to do school counseling emphasizing career development.^[4]

Countries vary in how a school counseling program and services are provided based on economics (funding for schools and school counseling programs), social capital ([independent](#) versus public schools), and school counselor certification and credentialing movements in education departments, professional associations, and local, state/province, and national legislation.^[4] School counseling is established in 62 countries and emerging in another seven.^[2]

An international scoping project on school-based counseling showed school counseling is mandatory in 39 countries, 32 USA states, one Australian state, 3 German states, 2 countries in the United Kingdom, and three provinces in Canada.^[2] The largest accreditation body for Counselor Education/School Counseling programs is [the Council for the Accreditation of Counseling and Related Educational Programs](#) (CACREP).^[5] International Counselor Education programs are accredited through a CACREP affiliate, the International Registry of Counselor Education Programs (IRCEP).

In some countries, school counseling is provided by school counseling specialists (for example, Botswana, China, Finland, Israel, Malta, Nigeria, Romania, Taiwan, Turkey, United States). In other cases, school counseling is provided by classroom teachers who either have such duties added to their typical teaching load or teach only a limited load that also includes school counseling activities (India, Japan, Mexico, South Korea, Zambia).^[4] The IAEVG focuses on career development with some international school counseling articles and conference presentations.^[4] Both the IAEVG and the Vanguard of Counsellors promote school counseling internationally.^[4]

Roles, school counseling programs, ethics, and school counseling professional associations[[edit](#)]

Professional school counselors ideally implement a school counseling program that promotes and enhances student achievement (Hatch & Bowers, 2003, 2005; ASCA, 2012).^[66] A framework for appropriate and inappropriate school counselor responsibilities and roles is outlined in the ASCA National Model (Hatch & Bowers, 2003, 2005; ASCA, 2012).^[67] School counselors, in most USA states, usually have a master's degree in school counseling from a Counselor Education

graduate program. China requires at least three years of college experience. In Japan, school counselors were added in the mid-1990s, part-time, primarily focused on behavioral issues. In Taiwan, they are often teachers with recent legislation requiring school counseling licensure focused on individual and group counseling for academic, career, and personal issues. In Korea, school counselors are mandated in middle and high schools.

School counselors are employed in elementary, middle, and high schools, and in district supervisory settings and in counselor education faculty positions (usually with an earned Ph.D. in Counselor Education in the USA or related graduate doctorates abroad), and post-secondary settings doing academic, career, college readiness, and personal/social counseling, consultation, and program coordination. Their work includes a focus on developmental stages of student growth, including the needs, tasks, and student interests related to those stages (Schmidt,^[40] 2003).

Professional school counselors meet the needs of student in three basic domains: academic development, [career development](#), and social-emotional development (Dahir & Campbell, 1997; Hatch & Bowers, 2003, 2005; ASCA, 2012) with an increased emphasis on college access.^[68] Knowledge, understanding and skill in these domains are developed through [classroom instruction](#), [appraisal](#), [consultation](#), [counseling](#), [coordination](#), and [collaboration](#). For example, in appraisal, school counselors may use a variety of [personality](#) and career assessment methods (such as the^[69] or^[70] (based on the^[71]) to help students explore career and college needs and interests.

Schools play a key role in assessment, access to services, and possible referral to appropriate outside support systems.^[72] They provide intervention, prevention, and services to support students academic and career education as well as personal and social growth. The role of school guidance counsellors is expansive. As outlined in publicly accessible provincial guidelines for Canadian school counsellors, on top of providing classroom guidance curriculum, Canadian counsellors are providing counselling services, addressing mental health issues, crisis intervention, and support for course selection.^[73] The guidelines suggest that counsellors should consult with all stakeholders to support student needs. In Ontario's education policies, counsellors also play a key role in other forms of experiential learning, such cooperative education, as well as supporting students in Specialist High Skills Majors programs.^[10]

School counselor interventions include individual and group counseling for some students. For example, if a student's behavior is interfering with his or her achievement, the school counselor may observe that student in a class, provide consultation to teachers and other stakeholders to develop (with the student) a plan

to address the behavioral issue(s), and then collaborate to implement and evaluate the plan. They also provide consultation services to family members such as college access, career development, parenting skills, study skills, child and adolescent development, and help with school-home transitions.

School counselor interventions for all students include annual academic/career/college access planning K-12 and leading classroom developmental lessons on academic, career/college, and social-emotional topics. The topics of [character education](#), diversity and multiculturalism (Portman, 2009), and school safety are important areas of focus for school counselors. Often school counselors will coordinate outside groups that wish to help with student needs such as academics, or coordinate a program that teaches about [child abuse](#) or [drugs](#), through on-stage [drama](#) (Schmidt,^[40] 2003).

School counselors develop, implement, and evaluate school counseling programs that deliver academic, career, college access/affordability/admission, and social-emotional competencies to all students in their schools. For example, the ASCA National Model (Hatch & Bowers, 2003, 2005; ASCA, 2012)^[66] includes the following four main areas:^[74]

- Foundation (Define as of 2019) - a school counseling program mission statement, a vision statement, a beliefs statement, SMART Goals; ASCA Mindsets & Behaviors & ASCA Code of Ethics;
- Delivery System (Deliver as of 2019) - how school counseling core curriculum lessons, planning for every student, and individual and group counseling are delivered in direct and indirect services to students (80% of school counselor time);
- Management System (Manage as of 2019) - calendars; use of data tool; use of time tool; administrator-school counselor agreement; school counseling program advisory council; small group, school counseling core curriculum, and closing the gap action plans; and
- Accountability System (Assess as of 2019) - school counseling program assessment; small group, school counseling core curriculum, and closing-the-gap results reports; and school counselor performance evaluations based on school counselor competencies.^[65]

The school counseling program model (ASCA, 2012, 2019) is implemented using key skills from the National Center for Transforming School Counseling's Transforming School Counseling Initiative: Advocacy, Leadership, Teaming and Collaboration, and Systemic Change.

Many provinces in Canada offer a career pathway program, which helps to prepare students for the employment market and support a smooth school-to-work transition.^[71] In a Canadian wide study, 46% of school guidance counsellors suggest that there is a mandatory career education course provided in their schools.^[75] Ontario is the highest province with a mandatory course, which is provided at the secondary level^[76]

School Counselors are expected to follow a professional code of ethics in many countries. For example, In the US, they are the American School Counselor Association (ASCA) School Counselor Ethical Code, the [American Counseling Association](#) (ACA) Code of Ethics., and the [National Association for College Admission Counseling](#) (NACAC) Statement of Principles of Good Practice (SPGP).^[77]

There is much research to suggest that school counsellors experience role confusion, given the many tasks they are expected to perform.^{[78][79][73][81][10][72]} A potential contributor to this role confusion stems from the demands on the counsellor to be a generalist who performs roles in leadership, advocacy, essential services and curriculum development.^[72] Additionally, Canadian counsellors find that they are stretched too thin to provide mental health support on top of their other duties and that they oftentimes experience a lack of resources. They are burdened by a workload that negatively impacts their ability to meet students needs.^[73]

The role of a school counselor is critical.^[80] The roles of school counselors are expanding^[81] and changing with time^[82] As roles change, school counselors help students prosper in academics, career, post-secondary, and social-emotional domains. School counselors reduce and bridge the inequalities facing students in educational systems.^[83]

Elementary school counseling[[edit](#)]

[Elementary school](#) counselors provide^[44] academic, career, college access, and personal and social competencies and planning to all students, and individual and group counseling for some students and their families to meet the developmental needs of young children K-6.^[86] Transitions from pre-school to elementary school and from elementary school to middle school are an important focus for elementary school counselors. Increased emphasis is placed on accountability for closing achievement and opportunity gaps at the elementary level as more school counseling programs move to evidence-based work with data and specific results.^[87]

School counseling programs that deliver specific competencies to all students help to close achievement and opportunity gaps.^[88] To facilitate individual and group school counseling interventions, school counselors use developmental, cognitive-behavioral, person-centered (Rogerian) listening and influencing skills, systemic, family, multicultural,^[89] narrative, and play therapy theories and techniques.^{[90][91]} released a research study showing the effectiveness of elementary school counseling programs in Washington state.

Middle school counseling[[edit](#)]

[Middle school](#) counselors provide school counseling curriculum lessons^[44] on academic, career, college access, and personal and social competencies, advising and academic/career/college access planning to all students and individual and group counseling for some students and their families to meet the needs of older children/early adolescents in grades 7 and 8.^[67]

Middle School College Access curricula have been developed by The College Board to assist students and their families well before reaching high school. To facilitate the school counseling process, school counselors use theories and techniques including developmental, cognitive-behavioral, person-centered (Rogerian) listening and influencing skills, systemic, family, multicultural,^[89] narrative, and play therapy. Transitional issues to ensure successful transitions to high school are a key area including career exploration and assessment with seventh and eighth grade students.^[92] Sink, Akos, Turnbull, & Mvududu released a study in 2008 confirming the effectiveness of middle school comprehensive school counseling programs in Washington state.^[93]

High school counseling[[edit](#)]

[High school](#) counselors provide^[44] academic, career, college access, and personal and social competencies with developmental classroom lessons and planning to all students, and individual and group counseling for some students and their families to meet the developmental needs of adolescents (Hatch & Bowers, 2003, 2005, 2012).^[54] Emphasis is on college access counseling at the early high school level as more school counseling programs move to evidence-based work with data and specific results^[87] that show how school counseling programs help to close achievement, opportunity, and attainment gaps ensuring all students have access to school counseling programs and early college access activities.^[94] The breadth of demands high school counselors face, from educational attainment (high school graduation and some students' preparation for careers and college) to student social and mental health, has led to ambiguous role definition.^[95] Summarizing a 2011 national survey of more than 5,330 middle school and high school counselors, researchers argued: "Despite the aspirations of counselors to effectively help

students succeed in school and fulfill their dreams, the mission and roles of counselors in the education system must be more clearly defined; schools must create measures of accountability to track their effectiveness; and policymakers and key stakeholders must integrate counselors into reform efforts to maximize their impact in schools across America".^[96]

Transitional issues to ensure successful transitions to college, other post-secondary educational options, and careers are a key area.^[97] The high school counselor helps students and their families prepare for post-secondary education including college and careers (e.g. [college](#), [careers](#)) by engaging students and their families in accessing and evaluating accurate information on what the National Office for School Counselor Advocacy calls the 8 essential elements of college and career counseling: (1) College Aspirations, (2) Academic Planning for Career and College Readiness, (3) Enrichment and Extracurricular Engagement, (4) College and Career Exploration and Selection Processes, (5) College and Career Assessments, (6) College Affordability Planning, (7) College and Career Admission Processes, and (8) Transition from High School Graduation to College Enrollment.^[98] Some students turn to private college admissions advisors but there is no research evidence that private college admissions advisors have any effectiveness in assisting students attain selective college admissions.

Lapan, Gysbers & Sun showed correlational evidence of the effectiveness of fully implemented school counseling programs on high school students' academic success.^[99] Carey et al.'s 2008 study showed specific best practices from high school counselors raising college-going rates within a strong college-going environment in multiple USA-based high schools with large numbers of students of nondominant cultural identities.

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