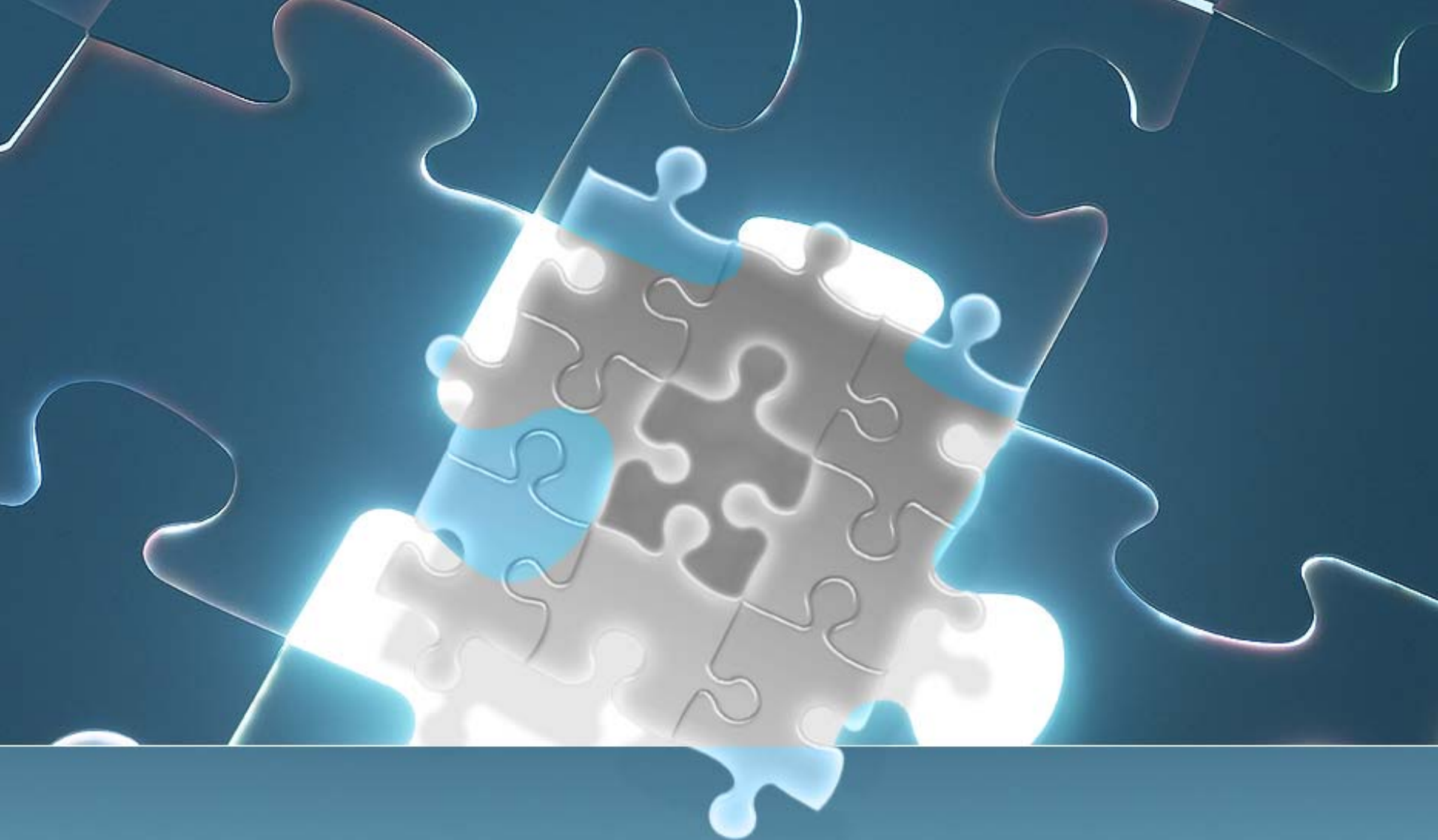


High School Counselors

Vital pieces of the puzzle!



Why do we need school counselors???



Counseling Needs as Identified by Students

- School attitudes & behavior
- Test anxiety
- Peer relationships
- Study skills
- Career Planning
- Suicide
- School safety
- Harassment issues
- Bullying & victimization
- Gang pressures
- Conflict resolution
- College choice
- Death of a family member
- Family divorce
- Substance abuse
- Family abuse
- Scholarships
- Financial aid



Impacting Student Achievement

Studies show that students in schools with fully implemented guidance and counseling programs...

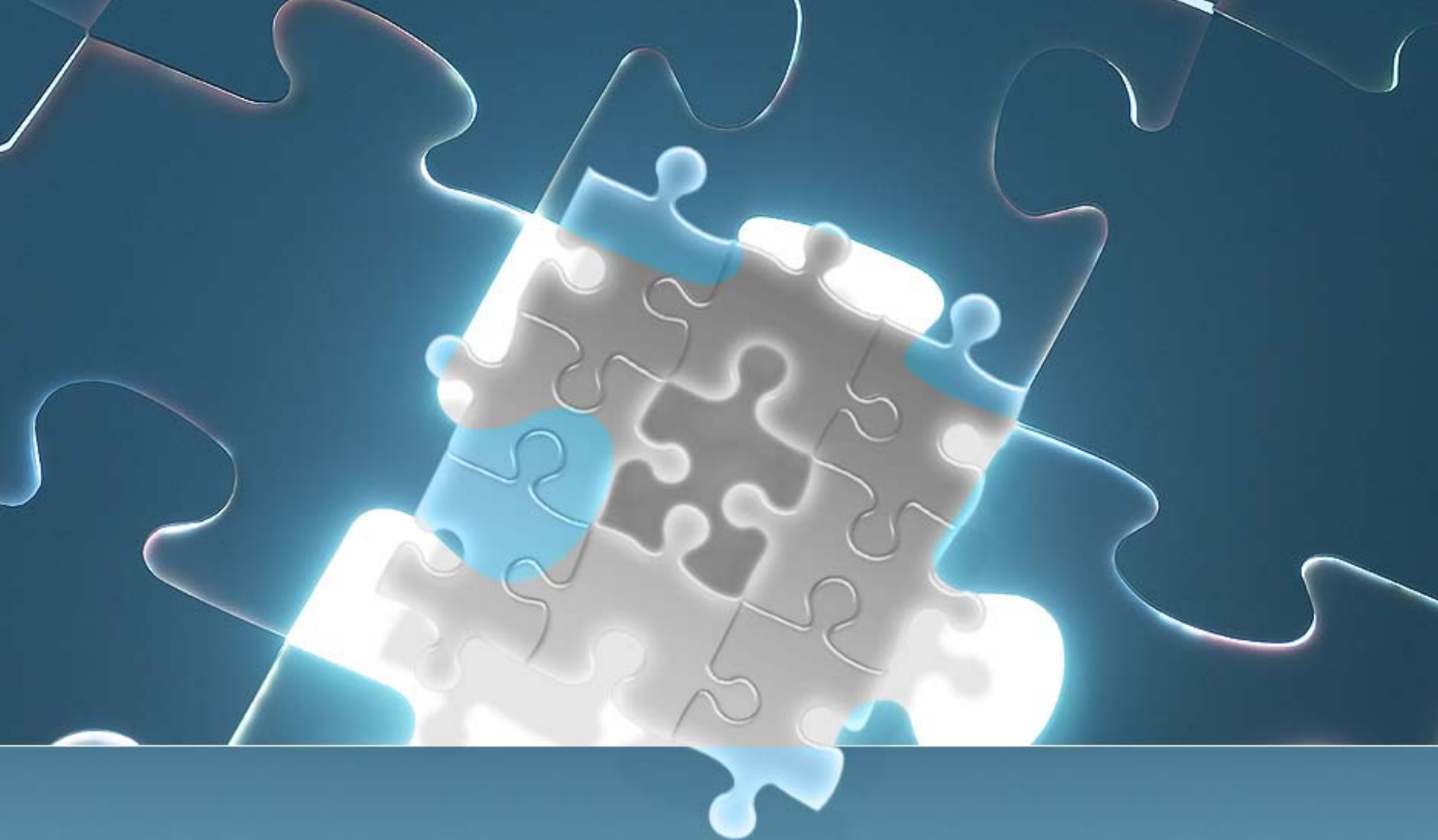
- Felt safer in their schools
- Had more positive relationships with teachers
- Reported that their schools had a more positive climate
- Felt their education was better preparing them for the future



Impacting Student Achievement

Studies also show that students in schools with fully implemented guidance and counseling programs...

- Took more advanced math and science courses
- Took more vocational / technical courses
- Had higher ACT scores
- Earned higher grades
- Scored higher on standardized assessments



What should a school counseling program look like?



School Counselors in Texas

- Address students needs in the following areas
 - Academic
 - Career
 - Social / Emotional
- These needs are addressed through
 - Guidance Curriculum
 - Responsive Services
 - Individual Planning
 - System Support



Addressing Student Needs

Guidance Curriculum

Provides guidance content in a systematic way to all students

Purpose

Awareness, skill development, and application of skills needed in everyday life

Areas addressed

- | | |
|--|--|
| <ul style="list-style-type: none">● Self-confidence● Motivation to achieve● Decision-making<ul style="list-style-type: none">● Goal setting & Planning● Problem solving | <ul style="list-style-type: none">● Interpersonal effectiveness● Communication skills● Responsible behavior● Cross-cultural effectiveness |
|--|--|



Addressing Student Needs

Responsive Services

Addresses the immediate concerns of students

Purpose

Prevention & Intervention

Areas addressed

- | | |
|---|--|
| <ul style="list-style-type: none">● Academic concerns● Relationship concerns● Physical/sexual/ emotional abuse● Grief / loss● Substance Abuse● Family issues● Teenage pregnancies | <ul style="list-style-type: none">● Gang pressures / involvement● Harassment issues● Coping with stress● Suicide prevention● School-related concerns<ul style="list-style-type: none">● Tardiness, absences, & truancy● Misbehavior● Drop-out prevention |
|---|--|

(TEA, 2004)



Addressing Student Needs

Individual Planning

Assists students in monitoring & understanding their own development

Purpose

Student planning and goal setting

Areas addressed

● Educational

- Acquisition of skills
- Awareness of opportunities
- Appropriate course selection
- Lifelong learning
- Utilization of test scores

● Career

- Knowledge of career opportunities
- Knowledge of career & technical training
- Knowledge of positive work habits

● Personal – Social

- Development of healthy self-concepts
- Development of adaptive & adjustive social behavior

(TEA, 2004)



Addressing Student Needs

System Support

Includes program and staff support activities and services

Purpose

Program delivery and support

Areas addressed

- | | |
|--|--|
| <ul style="list-style-type: none">● Guidance program development● Parent Education● Teacher / administrator consultation● Staff development for educators● School improvement planning | <ul style="list-style-type: none">● Counselor's professional development● Research and publishing● Community outreach● Public relations |
|--|--|

Recommended Time Distribution

High School Level

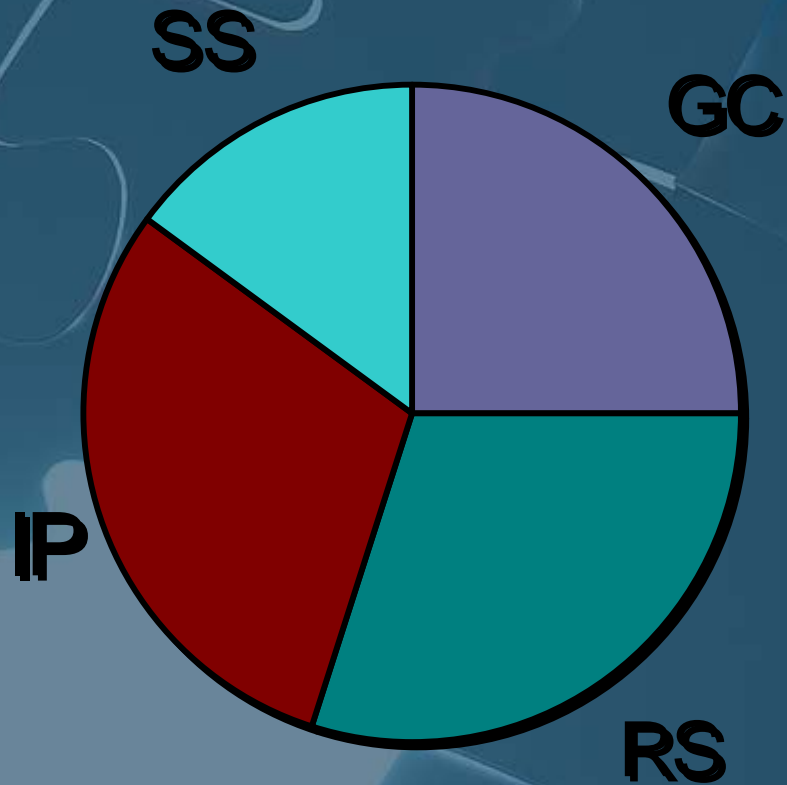
15% - 25% Guidance Curriculum

25% - 35% Responsive Services

25% - 35% Individual Planning

15% - 20% System Support

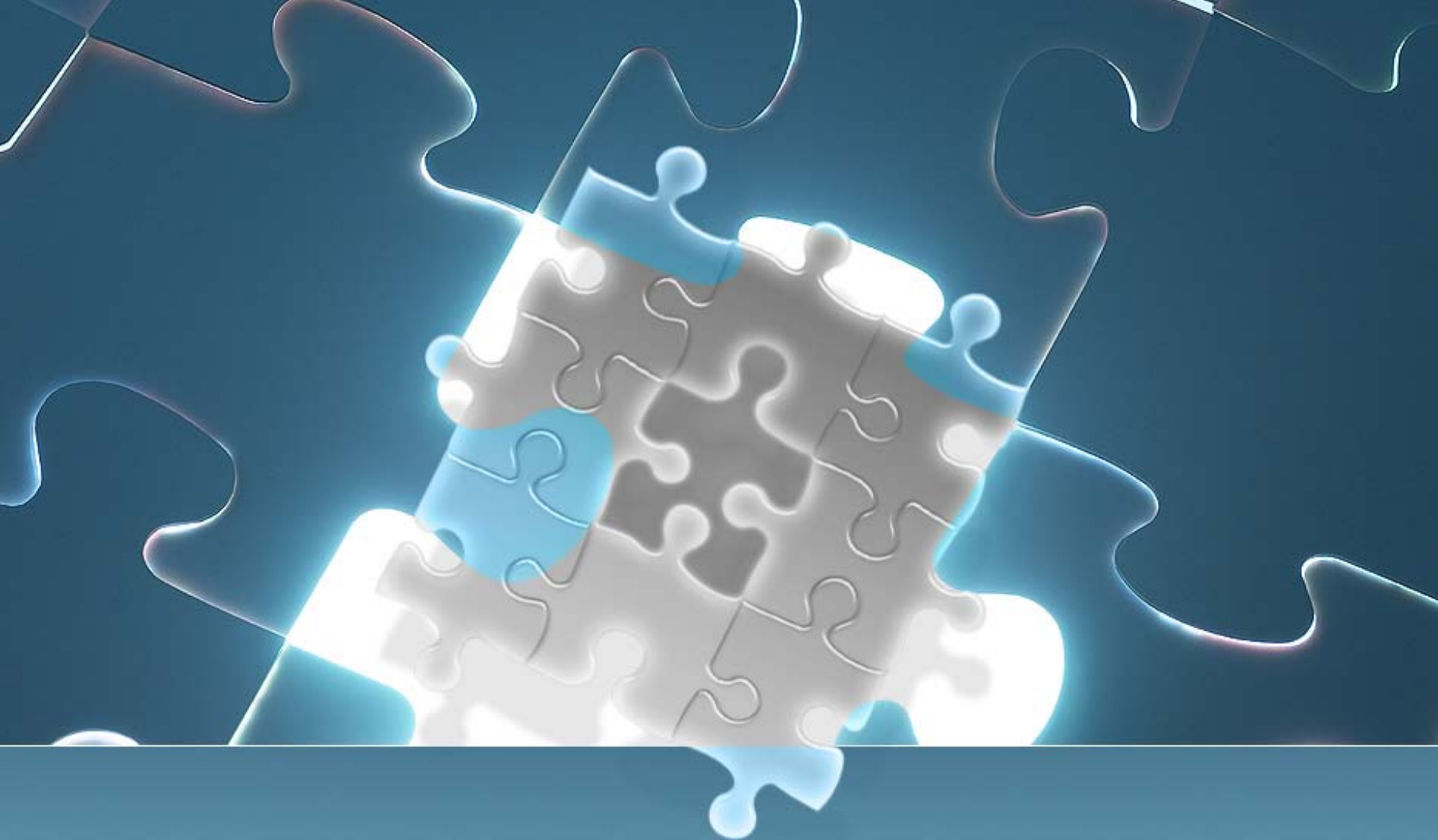
0% Non-counseling





In a typical week, a high school counselor might...

- Register new students
- Provide grief counseling to a student who has lost a parent / relative / friend
- Make a report to Child Protective Services about suspected abuse
- Create a guidance lesson
- Attend a faculty meeting
- Create a newsletter for students & parents
- Create a graduation plan with a student who has fallen behind
- Sign students up for evening school or summer school
- Counsel a suicidal student and provide resources for the student to get help
- Research community resources for a homeless student
- Talk with students about credits they have and help them plan future classes
- Provide students with information about colleges, careers, and scholarships
- Process schedule changes
- Counsel students about academic or personal problems
- Update the counseling website
- Consult with a principal or teacher about students in need
- Conduct a parent workshop



Challenges...



And other duties as assigned...

In many schools, counselors perform a variety of non-counseling tasks that are not included in the TEA model program, such as...

- Coordinating and / or administering testing
- Duties (i.e. lunch duty, hall duty, etc.)
- Data input (i.e. inputting all student schedules)
- Coordinating / managing special education meetings



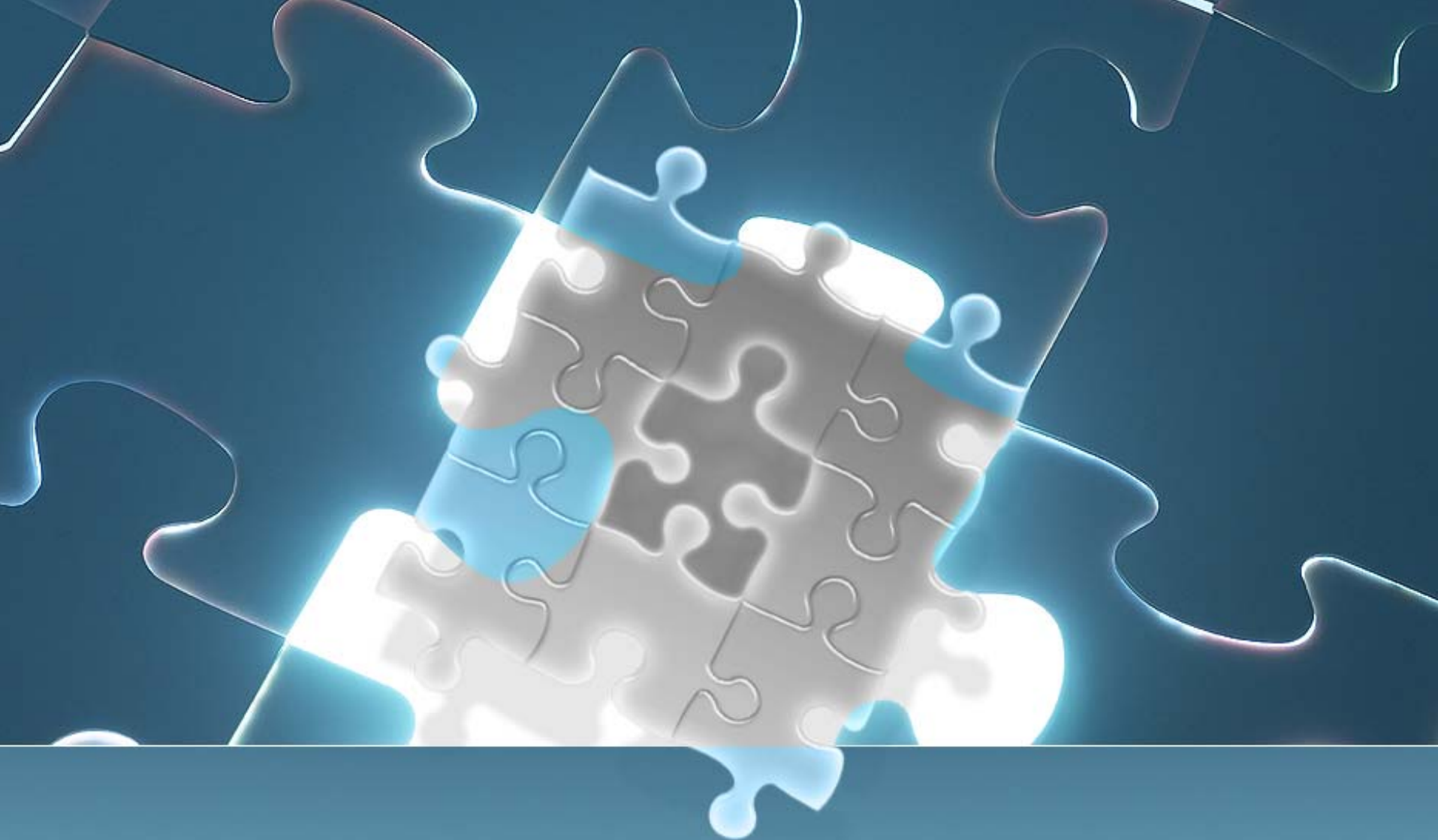
Counselor-to-Student Ratio

- TEA: "The effectiveness of the developmental guidance and counseling program is directly related to the counselor-to-student ratio."
- "The ratios should be sufficiently low to meet the identified, high priority needs of the students and the school community."



Counselor-to-Student Ratio

American School Counselor Association	1 : 250
Texas School Counselor Association; Texas Association of Secondary School Principals; Texas Elementary Principals & Supervisors Association	1 : 350
PMHS's Ratios: 9 th – 12 th Average	1:625



Who can be a school counselor?



Professional School Counselors

Requirements for school counselors in TX

- Complete a master's degree in guidance and counseling
 - UHCL
 - Master's in Counseling: 51-54 hour program
 - Master's in Educational Management: 39 hours
 - Master's in Curriculum and Instruction: 36
 - Master's in Library and Information Sciences: 39
- Teach for a minimum of 2 years
- Pass state certification exam
- Participate in continuing education to renew certification



Personal Characteristics

- **Desire to help others**
- **Dedicated**
- **Good listener**
- **Quick learner**
- **Ability to maintain privacy**
- **Willing to stand up for others despite personal risk**
- **Open minded**
- **Willing to seek help**
- **Team player**
- **Flexible**
- **Ability to Multi-task**
- **Computer savvy**
- **Time manager**
- **Organized!**



Earnings

School Counselors: According to the US Department of Labor

- Texas Mean Annual Salary: \$50,870
- National Mean Annual Salary: \$51,690

COMPARISONS in the Field of Education

- PISD High School Teacher w/ Master's (187 days)
 - Min. \$44,073 (\$235 per day) Max. \$59,852 (\$320 per day)
- PISD High School Counselor (205 days)
 - Min. \$56,856 (\$277 per day) Max. \$85,968 (\$419 per day)
- PISD High School AP (210 days)
 - Min. \$66,535 (\$316 per day) Max. \$98,438 (\$468 per day)



Benefits

- Medical & Dental Insurance
- Sick Leave
- Personal Leave
- Teacher Retirement System
- Holidays and Summer Vacation



Career Outlook

- According to the US Department of Labor
 - Growth of about 13%
 - “About as fast as average”



Opportunities for Advancement

- Lead Counselor
- District Level Director of Counseling
- Counseling outside of Schools
 - Licensed Professional Counselors
 - Some school counseling master's programs provide same coursework required for LPC
 - Must pass National Counselor Exam
 - Complete 3,000 post-degree supervised hours



Resources for Learning More

- Occupational Outlook Handbook
 - <http://www.bls.gov/oco/home.htm>
- American School Counseling Association
 - <http://www.schoolcounselor.org/>
- Texas Education Agency
 - <http://ritter.tea.state.tx.us/guidance/>



References

Gysbers, N.C. (2004). Comprehensive guidance and counseling programs: The evolution of accountability. *Professional School Counseling*, 8(1), 1-8.

Texas Counseling Association (2005). *Professional School Counselors Brochure*. Retrieved April 26, 2007 from <http://www.txca.org/tca/BROCHURES.asp?SnID=838288633>

Texas Education Agency (2004). *A Model Comprehensive, Developmental Guidance and Counseling Program for Texas Public Schools*. Retrieved April 26, 2007 from <http://www.tea.state.tx.us/guidance/ProgramModel.html>