

THE ROLE OF THE SCHOOL COUNSELLOR



Attending school with a disability can be a challenge.

This is often when you seek help. The School Counsellor is the person to talk to. There is a school counsellor attached to every state school. They are experienced teachers who have a degree in psychology and post graduate qualifications in school counselling. They work with students of all ages, and their families, from pre-school to Year 12.

School counsellors work includes:

- Counselling students
- Assisting parents/ carers to make informed decisions about their child's education
- Assessing students' learning and behaviour
- Assisting schools to identify and address disabilities that affects students' learning
- Liaising with other agencies concerned with the well-being of students

School Counsellors are members of schools' student welfare and learning support teams, and can (with permission) pass on information to teachers that will assist them to better meet the needs of the students.

Students may refer themselves to the school counsellor or may seek an interview at the suggestion of a teacher, parent/carer or friend.

A student's reasons for seeing a school counsellor may include worrying about school work, conflict with friends, being in trouble at school or just feeling 'down'.

Parents/carers may seek advice from school counsellors about their child's school progress, educational options, including access to special education services, behaviour and for information about help available for other agencies.

Whether working with students, parents/carers, or teachers, school counsellors will explain how they work, listen carefully to what is said, help clarify options and encourage informed decision-making.

School counsellors are not at school every day. It is necessary for parents/carers to make an appointment by telephoning the school.

Examples of how school counsellors can help your child with CMT include referring to other agencies; providing advice and support with possible subsidy applications; providing information about additional special educational provisions/ facilities (etc) that might be available.

School counselling staff support students by providing a psychological counselling, assessment and intervention service.

The school counselling service works directly with students to help them with issues related to learning, peer and family relationships, and managing emotions such as depression, anxiety, worry or isolation.

This information was gathered with the assistance of Mr. Michael Jordan, School Counsellor and School counselling service (nsw.gov.au)