Who are school counselors?

School counselors work at elementary, middle, junior high, and high school levels. They have a master’s degree or higher degree in school counseling from a state-approved school counselor preparation program, and they have been certified as a school counselor by the Missouri Department of Elementary and Secondary Education. They are educators with specialized training in academic, career, and social/emotional development as well as mental health. Their preparation program includes:

- Human growth and development
- Social and cultural diversity
- Assessment
- Career development and planning
- Helping relationships
- Group work
- Program development, implementation, evaluation, and enhancement
- Professional relationships
- Legal and ethical standards
- Professional orientation, identity, and well-being

For more information regarding your local school counseling program, contact:

Missouri Department of Elementary and Secondary Education
School Counseling Office of College and Career Readiness
Phone: 573.751.0857
Email rene.yoesel@dese.mo.gov
Web: http://dese.mo.gov/college-career-readiness/school-counseling

Contact Us:
Missouri School Counselor Association
Phone: 573.635.9109
Email: jill@penman-winton.com
Web: http://moschoolcounselor.org/

PRESENTING YOUR SCHOOL COUNSELOR

A VITAL LINK FOR ALL STUDENTS

Supporting Their:
- Academic Development
- Career Development
- Social/Emotional Development
## What Is School Counseling?

School counseling is a comprehensive program that is an integral part of a school district's total educational program. It is developmental, preventative and responsive by design and includes sequential activities organized and implemented by certified school counselors with the active support of parents/guardians, teachers, administrators, and the community.

As a developmental program, it addresses the needs of all students by facilitating their academic, social/emotional, and career development as well as helping create positive and safe learning climates in schools. At the same time, the program assists students as they face issues and resolve problems that may prevent their healthy development. The program is delivered through four interrelated components:

1. **School Counseling Curriculum**
   - School counselors work closely with teachers by going into classrooms to present lessons on topics such as:
     - self-awareness
     - positive mental health
     - social skills
     - conflict mediation/problem solving
     - study habits
     - alcohol/drug abuse prevention
     - educational and career planning

2. **Individual Student Planning**
   - School counselors assist students with identifying and accumulating information that will help them transition to the next level of education. This includes:
     - Career development and planning activities
     - Transitioning activities
     - Helping students assess strengths to make wise academic and career decisions

3. **Responsive Services**
   - School counselors assist students who have unique needs, including students who may be experiencing barriers to academic success, through:
     - brief individual counseling
     - small-group counseling
     - consultation and collaboration with parents, teachers, administrators, and community agencies
     - school-based referral
     - community-based referral

4. **System Support**
   - School counselors manage their programs and support other programs in the school through activities such as:
     - program evaluation
     - school improvement involvement
     - consultation and collaboration
     - professional development
     - community outreach

---

### HOW CAN PARENTS HELP?

Active parental support of school counseling program activities is essential if students are to make informed choices and achieve success in school. Parents can help by encouraging their children to do their best in school and by staying involved in their children's educational experiences at all levels.

Parents can call their child's school counselor at any time to set up a phone conference or a school visit to discuss concerns, ideas, information or requests for assistance.