

Comprehensive Guidance and Counseling Program
Monroe School District K-12

Purpose

School counselors are an integral link in the educational system. Professional school counselors promote the educational success of students by enhancing the development of academic skills, interpersonal skills and self understanding. School counseling services also educate students in decision making, problem solving, goal setting, self esteem, environmental concerns and educational and occupational opportunities. All goals and services are based on three major goals:

1. Educational Development - Students will participate in planning their educational experiences so that their education is consistent with educational requirements and career aspirations, self awareness, and confidence in their own abilities.
2. Personal/Social Development - Students will develop appropriate behaviors for a variety of social settings.
3. Career Development - Students will develop career options consistent with their interests, abilities, and values. Career development includes focus on the four areas of vocation, avocation, family life, and citizenship.

Philosophy

The counseling and guidance philosophy of the Monroe School District recognizes that every student is an individual with unique needs and strengths. The counseling and guidance efforts are to assist students to make progress in their physical, emotional, social, and academic development based on the three major goals of Educational Development, Personal/Social Development, and Career Development. The program is an essential and integral part of the total educational process.

Counseling Definition

Services intended to assist individual students, and often students' families as well, in understanding and resolving problems that may affect students' educational and personal development.

Guidance Definition

A program intended to foster students' development of the understandings, skills, and attitudes needed to plan and manage their own learning and behavior, relate well to self and others, and make good life choices, including those pertaining to educational and career options.

Although in actual practice the functions of guidance and counseling overlap, it seems reasonable to say that counseling focus more on helping students to resolve particular problems, whereas guidance focuses more on instruction and planning to prevent serious problems from arising.

District Goals

The following district goals are based on the three major program goals of Educational Development, Personal/Social Development, and Career Development.

1. The student is able to make appropriate decisions and use problem-solving skills.
2. The student is able to use the skills involved in self-exploration and self-discovery to examine personal feelings, values, interests and aptitudes.
3. The student is able to accept responsibility for his actions.
4. The student is able to function effectively in relationships with others.
5. The student is able to understand the opportunities and alternatives available in the educational program.
6. The student is able to set tentative career goals.
7. The student is able to use the resources available in the school and community.

The comprehensive school counseling program is:

- ▶ Designed to reach all students.
- ▶ An integral part of the whole education process.
- ▶ Comprehensive in design to address developmental stages.
- ▶ Prevention and intervention focused.
- ▶ Organized and conducted by licensed school counselors in collaboration with other professionals in education.
- ▶ Accountable and evaluation based.

School counselors are committed to help all students successfully achieve the following:

Learning to Learn - Achieving educational success.

- ▶ Assisting the student in the development of learning skills:
- ▶ Develop self-management skills for classroom behavior, attendance, problem solving and decision making skills.
- ▶ Develop organizational skills in goal setting, study skills, and time management.
- ▶ Engaging the student in goal setting and planning:
- ▶ Develop plans to meet educational and career/life goals
- ▶ Evaluate and revise educational and career/life goals
- ▶ Assisting the student in developing skills and knowledge to be a self-directed learner:
- ▶ Examine internal and external factors (e.g., learning styles, attitudes, academic strengths and weaknesses, etc.) that impact learning and take action to make needed changes.
- ▶ CIM Connection: Self directed learning, think and communicate.

Learning to Work - Career development/life planning.

- ▶ Assisting the student in developing their ability to acquire self-knowledge.
- ▶ Examine skills, interests, and aptitudes in setting educational and occupational goals.
- ▶ Assess achievement of past goals and demonstrate use of this knowledge in planning for the future.
- ▶ Demonstrate flexibility in managing and initiating change and in making choices.
- ▶ Assisting the student in developing skills in working with others.
- ▶ Develop skills in listening, sharing, cooperating, making friends, leadership.
- ▶ Develop team membership skills and collaborative peer relationships.

Assisting the student in developing skills and characteristics necessary to be successful in school, work, family, and community.

- ▶ Demonstrate responsible, positive behaviors toward school, work, family and community.
- ▶ Make choices that will promote success in school, family and community.

Assisting the student in learning to respect differences.

- ▶ Recognize the dignity and rights of all people.
- ▶ Identify gender stereotyping and diversity in the work force.
- ▶ Develop strategies for overcoming biases and prejudices.

Assisting the student in examining educational and occupational opportunities.

- ▶ Explore the relationships between interests, educational achievement, post high school planning, career opportunities and life roles.
- ▶ Assess and process information to explore education and occupational opportunities and occupational trends.
- ▶ Make decisions and develop plans to meet educational needs and career/life goals.
- ▶ CIM Connection: Understand positive health habits, understand diversity, collaborate, communicate, think and self-directed learner.

Learning to Live - Personal-social development

- ▶ Assisting the student in demonstrating self-respect as a person of dignity.
- ▶ Develop the ability to cope and succeed.
- ▶ Recognize and utilize personal strengths.
- ▶ Know what is needed and how to ask for it.
- ▶ Assisting the student in demonstrating healthy interpersonal relationships.
- ▶ Demonstrate effective communication skills (e.g., listening, problem solving, managing conflict, decision making, etc.)
- ▶ Assisting the student in developing personal and social responsibility.
- ▶ Set personal and social life goals.
- ▶ Make healthy choices (e.g. alcohol and other drugs, sexuality, personal safety, etc.)
- ▶ Make a positive contribution to the community as a responsible citizen.
- ▶ CIM Connection: Understand positive health habits, understand diversity, collaborate and communicate.

School Counselors assist students through programs in four categories:

- Guidance curriculum
 - ▶ Classroom guidance activities
 - ▶ Small group guidance activities
 - ▶ Large group guidance activities

- Individual planning
 - ▶ Academic counseling
 - ▶ Career counseling
 - ▶ Educational counseling
 - ▶ Test interpretation and assessment of learning problems

- Responsive services
 - ▶ Individual counseling
 - ▶ Group counseling
 - ▶ Family counseling
 - ▶ Crisis counseling
 - ▶ Consultation
 - ▶ Referrals

- System support
 - ▶ Professional development
 - ▶ Committee/Advisory board
 - ▶ Program management/Operation
 - ▶ Staff/Community development
 - ▶ Research