

## Guidance and Counseling Program

A comprehensive guidance and counselling program is an integral component of a school's total educational program. It provides for the integration of guidance and counselling services across the curriculum to address student needs. Guidance and counselling services are intended to assist with the development of student competencies in each area relating to the essential graduation learnings.

Guidance is a program devoted to providing educational programs and services to all students in all grades and involves all members of the school community in its delivery. An effective guidance program provides preventative, responsive and remedial services and support to students as they acquire knowledge, attitudes, strategies and skills in four areas of development:

- **personal** - understanding and appreciating oneself
- **social** - relating effectively with others
- **educational** - developing appropriate educational goals
- **career** - developing life and career plans

## Components of an Effective Guidance Program

- **curriculum** - structured developmental learning activities addressing the personal growth and development of children and youth
- **counselling, co-ordination and consultation** - activities to meet the immediate needs and concerns of students requiring counselling, consultation, referral or information
- **life and career planning** - activities to assist students with planning and managing their learning as well as their personal and career development
- **program management and system support** - activities which serve to establish, maintain and enhance the program

## Guidance and Counselling Program



Winding River Consolidated School

902-639-3199

Guidance Counsellor

Ms. Sharon Quinlan, B.A., B.Ed., M.Ed.



**Guidance will consist primarily of counselling, co-ordination and consultation for our students and their personal development.**

## Counseling, Consultation, Coordination

These are professional services provided to address immediate situations and concerns of students requiring counseling, consultation, referral or information.

- Counseling is defined as purposeful interaction that promotes change in attitude, skills, behavior, knowledge or awareness. It is conducted by a qualified guidance counselor with one or more students and includes personal, social, career, educational and crisis issues. Counseling services may be initiated by students, staff, family or the guidance counselor.
- Consultation involves interactions with parents, teachers, other educators and community agencies regarding strategies to address students' issues or concerns. It consists of both structured processes and informal teamwork and relationship building processes.
- Coordination involves many tasks from orientation to various levels of school, coordination of guidance related activities, and liaison among school, home, community, post secondary education and the business world.

Guidance Counsellors provide both **Direct and Indirect** services to students and the school.

**Direct** services include:

- serving as an advocate for all students
- individual and small group counselling (academic, personal, social, career, etc.)
- referrals to student support services (within the school / system and to outside agencies)
- instruction related to personal growth and development and life / career planning
- provision of information (personal development, educational planning, career planning, etc.)
- crisis intervention and support



**Indirect** services include:

- co-ordination of the guidance and counselling program and services within the school
- co-ordination of other student support services (within the school)
- communication and consultation with parents / guardians, teachers, other professionals and outside agencies
- co-ordination of transition planning (grade-to-grade, school-to-school, school-to-post-secondary, etc.)
- provision of staff development for teachers / others related to guidance programs and services
- liaison with other schools, outside agencies, post-secondary institutions, etc.
- management of student records
- promotion and public relations
- research and program development

In conclusion, guidance and counselling services within the Chignecto-Central Regional School System are planned and delivered such as to equip our students with the attitudes and competencies necessary to allow them to function effectively as life-long learners, critical thinkers, effective decision-makers and problem-solvers, and productive citizens in a rapidly changing world.