

How School Counseling Can Benefit Parents

American School Counselor Associations National Standards

Elementary School Students' Developmental Needs

The elementary years are a time when students begin to develop their academic self-concept and their feelings of competence and confidence as learners. They are beginning to develop decision-making, communication and life skills, as well as character values. It is also a time when students develop and acquire attitudes toward school, self, peers, social groups and family. Comprehensive developmental school counseling programs provide education, prevention and intervention services, which are integrated into all aspects of children's lives. Early identification and intervention of children's academic and personal/social needs is essential in removing barriers to learning and in promoting academic achievement. The knowledge, attitudes and skills that students acquire in the areas of academic, career and personal/social development during these elementary years serve as the foundation for future success.

Why Elementary School Counselors?

Elementary school years set the tone for developing the knowledge, attitudes and skill necessary for children to become healthy, competent and confident learners. Through a comprehensive developmental school counseling program, school counselors work as a team with the school staff, parents and the community to create a caring climate and atmosphere. By providing education, prevention, early identification and intervention, school counselors can help all children achieve academic success. The professional elementary school counselor holds a master's degree and required state certification in school counseling. Maintaining certification includes on-going professional development to stay current with education reform and challenges facing today's students. Professional association membership enhances the school counselor's knowledge and effectiveness.

Skill Areas to be Implemented:

- Building Self-Esteem and Self-Image
- Anger Management
- Coping Skills
- Impulse Control
- Conflict Resolution
- Facing Fears and Anxiety
- Communication Skills
- Relationship/Friendship Skills
- Problem Solving and Decision Making Skills
- Setting and Respecting Personal Boundaries
- Identifying and Expressing Feelings
- Skills for Improving Learning

Modes of School Counseling:

- School Wide Social Emotional Learning Programs
- Classroom Guidance Activities
- Individual and Small Group Support for Students
- Teacher Support and Resources
- Parent Workshops
- Administration and Staff Support