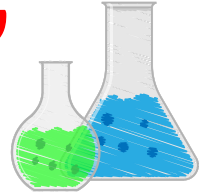




SCHOOL COUNSELING

Myths DEBUNKED



- **MYTH:** School counselors only help the most needy students
- **FACT:** School counselors provide ALL students with a standards based school counseling core curriculum to address universal academic, career and social/emotional development
- **MYTH:** Counselor classroom guidance lessons are a bonus activity that happen if there is extra time
- **FACT:** Elementary School Counselors are encouraged to spend 35-45% of their time on core curriculum classroom lessons
- **MYTH:** Most of the school counselor's time should be spent on Tier 2 & Tier 3 Support Services (groups, individual counseling, etc)
- **FACT:** The greatest amount of the school counselor's time should be spent on implementing Tier 1 (Classroom Lessons) services with a high degree of integrity, which is the most efficient means for serving the greatest number of students
- **MYTH:** School counselors can give long-term intensive therapy for students who need it
- **FACT:** School counselors provide short-term, brief, solution-focused and structured interventions for students and refer out when a student needs ongoing therapeutic services
- **MYTH:** School counselors and other types of educators can be hired interchangeably
- **FACT:** Certified school counselors have completed a 48 to 60+ master's degree program in school counseling, and have completed an internship. School counselors are uniquely trained in areas of human development, trauma, relationships, crisis response and specific counseling/therapy techniques and theories
- **MYTH:** School counselors have a job that's similar to a principal/administrator
- **FACT:** The role of a principal can be administrative, punitive, and discipline-oriented in nature. The school counselor role should be restorative, supportive and student-centered. It is not appropriate for school counselors to perform disciplinary actions or assign discipline consequences. School counselors are often hired under a teaching contract and so personnel concerns should be dealt with by an administrator
- **MYTH:** The education system in the US currently supports the right number of counselors
- **FACT:** The national recommendation for student to school counselor ratio is 250:1. The ACTUAL national student-to-school-counselor ratio average in 2016 was a startling 464:1