

# Why talk to your school counselor?

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We always encourage students to come to talk to their counselor about any issue that may be affecting them personally, socially or academically. Students can request to see their counselor by stopping in the counseling office during passing time, lunch, before and after school, or by asking their teacher.

## What Do I Do If I Need the Counselor?

It's a good idea to know about the school counselor, even if you don't need any help right now. If you're unsure how to contact the counselor, ask your teacher, your parent or one of the people who work in the school office. As a student you are assigned to a counselor based on what grade you're in; who will stay with you until you graduate from BB..

Generally, counselors meet students in:

- in a private setting
- group counseling setting with kids who are dealing with the same problems/issues (such as friendship, organization or social skills)
- classrooms, where the counselor teaches a class on a subject that affects everyone (such as bullying)

## What Will the Appointment Be Like?

The most common setting to meet with a counselor is in a private meeting. The meeting could be just you alone, or other students, your teacher, or your parent could be there.

You don't need to know exactly what's bothering you when you talk with the school counselor. You may just be feeling bad or not doing as well in school as you know you can — and that's OK. The counselor will try to help you figure out what's going on. When you do, he or she will have ideas for how to make things better. Sometimes that means finding other people (tutors, learning specialists) who can provide the help you need.

## Will the Counselor Keep a Secret?

Confidentiality means that the privacy of information that you share with your counselor belongs to you. You may share information with others as you wish, but we understand that you have a right to privacy. We will guard that privacy as much as is permitted by the law, ethics and school rules.

You should know that there are exceptions where we are obligated to break confidentiality. These include times where there is potential risk of harm to or by an individual, and state laws mandate reporting of child abuse.

## What Else Do Counselors Do?

In addition to helping kids with problems, school counselors help kids learn about:

- A counselor helps students when they have to schedule questions, problems or conflicts
- A counselor helps students to work out problems with school, with friends, and with personal matters.
- A counselor makes classroom presentations about topics like bully, staying healthy and making good choices.
- A counselor works with students to help them get organized so that they can get better grades and be the best they can be!
- A counselor is someone you can talk to!