

## CONFIDENTIALITY

Information discussed in the counselor's office remains confidential with the exception of clear danger of harm to you, others, or to property.

## HOW DO I SIGN UP FOR COUNSELING?

- Get an informed consent form from the school counselor for you and your parents/guardians to read and sign
- Return form to your school counselor and make an appointment

## COUNSELOR'S CREDENTIALS:

- Master's Degree in School Counseling from Central Missouri State University
- Missouri School Counselor Certification for grades 7-12
- Certified by the State of Missouri as a School Psychological Examiner
- 16 Years of Experience
- Member of the National Education Association, Missouri National Education Association, Missouri School Counselor's Association, Orrick Teacher's Association

**Orrick High School,**

## WHAT IS GUIDANCE?

**TERESA E. ARNOLD**

**Professional School Counselor**

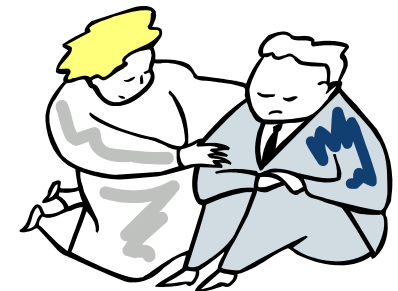
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## WHAT IS THE GUIDANCE PROGRAM?

- The Orrick R-XI School District adopted the Missouri Comprehensive Guidance Program

## WHAT DOES THE PROGRAM DO?

- Provides guidance activities for all students to promote academic, social-emotional, and career exploration and development.

## HOW IS THE PROGRAM DELIVERED?

- A team approach which includes the counselor, teachers, administrators, board of education, parents, local businesses, and community members



## WHAT ARE SOME GUIDANCE

### ACTIVITIES?

- Individual Counseling
- Small Group Counseling
- Large Group Activities/ Presentations
- Individual Planning
- College or Career Planning
- Consultation with parents, teachers, and administrators
- Provide Counseling Resources

## SOME REASONS WHY STUDENTS TALK TO THE COUNSELOR:

- Feeling sad
- Feeling angry
- Need someone to listen
- Need encouragement
- Share accomplishments
- Worried about yourself or a friend

## WHAT IS COUNSELING?

- Healthy process of exploring feelings and thoughts
- Talking to the counselor individually or in small groups when experiencing difficulties or concerns with relationships, academics, or career planning
- Assists students with exploring problems and alternatives
- Assists students with decision-making process

## DO YOU HAVE TO PARTICIPATE?

No – participation is voluntary. Students can terminate counseling at any time without any negative consequences.

## HOW CAN I TALK TO THE COUNSELOR?

Appointment or referral

