



**What do school  
counselors do?  
Get the facts.**

**[www.schoolcounselor.org](http://www.schoolcounselor.org)**

# Get the facts.



## What **student mindsets** do school counselors encourage?

- Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- Sense of acceptance, respect, support and inclusion for self and others in the school environment
- Positive attitude toward work and learning
- Self-confidence in ability to succeed
- Belief in using abilities to their fullest to achieve high-quality results and outcomes
- Understanding that postsecondary education and lifelong learning are necessary for long-term success

**ASCA Student Standards: Mindsets & Behaviors  
for Student Success**

# Get the facts.



## **All students have the right to:**

- Be respected and treated with dignity
- A physically and emotionally safe, inclusive and healthy school environment
- Equitable access to a school counseling program and to school counselors who support students from all backgrounds and circumstances
- Information and support to enhance self-development and affirmation within one's group identities
- Information on how college, career and technical school, military, workforce and other postsecondary options can impact their educational choices and future opportunities
- Privacy to the greatest extent possible, which at times may be limited by school counselors' balance of other interests (e.g., best interests of students, safety of others, parental rights) and adherence to laws, policies and ethical standards

# Get the facts.



## What student **social skills** do school counselors encourage?

- Effective oral and written communication and listening skills
- Positive, respectful and supportive relationships with students who are similar to and different from them
- Positive relationships with adults to support success
- Empathy
- Ethical decision-making and social responsibility
- Effective collaboration and cooperation skills
- Leadership and teamwork skills to work effectively in diverse groups
- Advocacy skills for self and others and ability to assert self, when necessary
- Social maturity and behaviors appropriate to the situation and environment
- Cultural awareness, sensitivity and responsiveness

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## What **student services** do school counselors provide?

- Design and implement instruction aligned to ASCA Student Standards in large-group, classroom, small-group and individual settings
- Provide appraisal and advisement in large-group, classroom, small-group and individual settings
- Provide short-term counseling in small-group and individual settings
- Make referrals to appropriate school and community resources
- Consult to support student achievement and success
- Collaborate with families, teachers, administrators, other school staff and education partners for student achievement and success

**ASCA School Counselor  
Professional Standards & Competencies**

# Get the facts.



## What is SEL (Social/Emotional Learning)?

The social/emotional domain of school counseling includes standards to help students manage emotions and learn and apply interpersonal skills. School counselors promote mindsets and behaviors in all grade levels that enhance the learning process and create a culture of college and career readiness for all students. Research has shown that **students who participate in social/emotional learning programs demonstrate significantly improved social/emotional skills, attitudes, behavior and academic performance.**

**Position Statement: The School Counselor and Social/Emotional Development**

# Get the facts.



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## How do school counselors **identify student needs?**

- Underperformance in achievement (standardized test scores, grades, credits earned)
- Overrepresentation in discipline (offense categories, consequences)
- Higher absenteeism (absences, late arrivals, early departures, chronically absent)

Specific developmental stages or differences may also serve as the basis for school counselor interventions. If the issue is related to underlying systemic issues, the school counselor advocates to change policies, guidelines and practices to address the systemic issues.

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