

How to Counsel When You Are Not a Counsellor

PRACTICAL SKILLS FOR SUPPORTING OTHERS

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Results!

How Do We All Get Here?

Our aims:

- Difference Adviser X Counsellor
- How a Counsellor Works With Students
- How a Counsellor Works With Families
- How a Counsellor Works With Schools
- Barriers to Overcome

What is Counselling/Advising (and What It Isn't)

According to Cambridge Dictionary:

Counsellor: “**Someone who is trained to listen to people and give them advice about their problems**”

Counselor: Facilitates career exploration, supports decision-making, helps students discover their path. (Think: The 'why' behind career choices, aligning interests with opportunities)

Adviser: “**Someone whose job is to give advice about a subject**”

Adviser: Provides practical information, guides action steps. (Think: The 'how-to' of applications, financial aid, course planning)

These roles often blend, but understanding the nuances helps us tailor our approach to each students' needs.

Difference Adviser X Counsellor

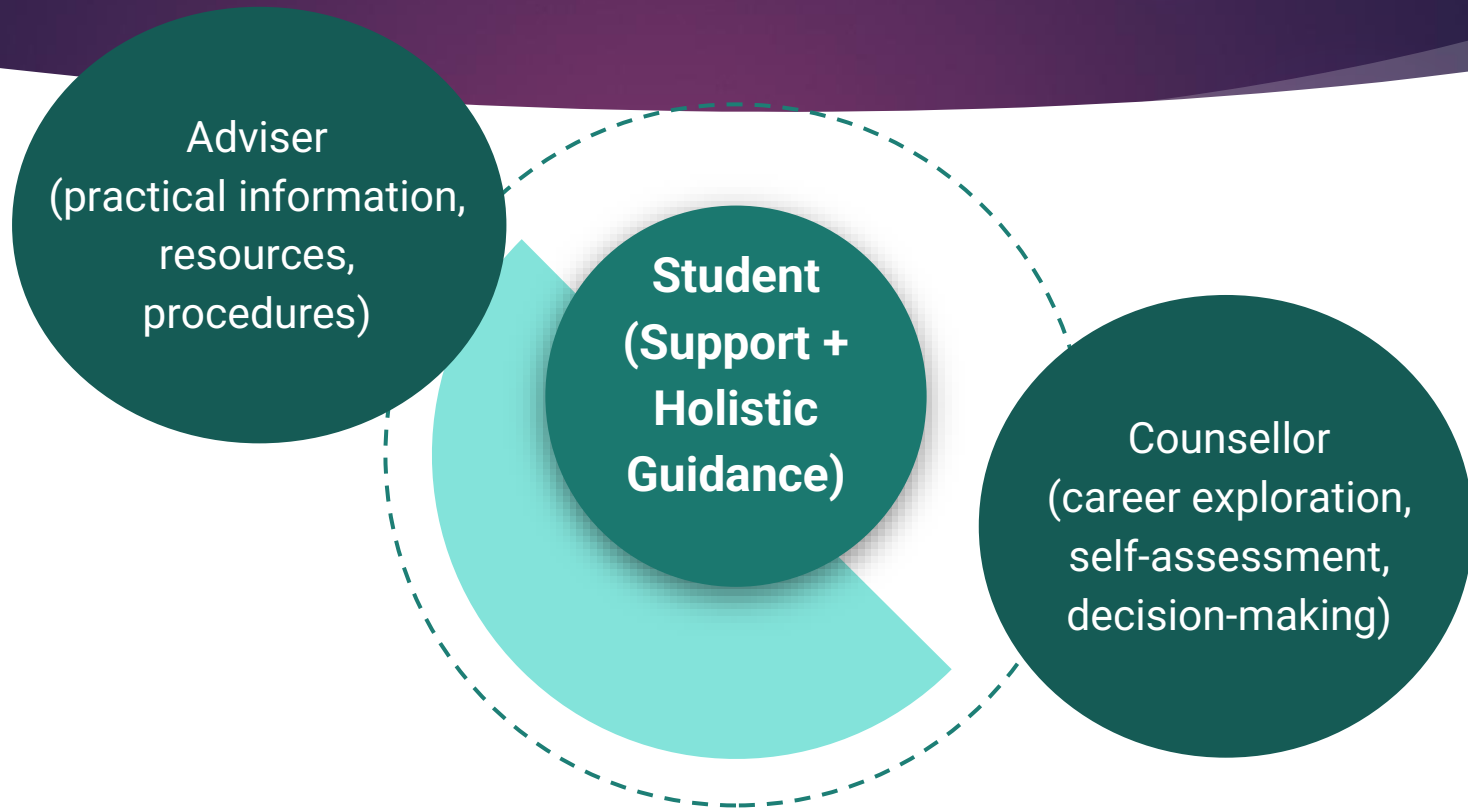
Why it is important to differentiate those roles?

Questions X Social-Emotional - Two different kinds of counsellors that sometimes the roles can be mixed up

TIPS:

- Help the school know the role of each position
- Create or review your job description in order to have clear objectives and expectations

The Blended Role: Supporting the Whole Student



How to Work with Students

It is all about trust. How to build this trust relation?

TIPS: The Power of Listening

- ↪ We help the students explore
- ↪ We do not do the student work/research, but teach them how to do it
- ↪ We help them create a powerful, but trustful, narrative
- ↪ We advocate for the student, writing a strong letter of recommendation that highlights their strengths and potential
- ↪ We help them be realistic (grade and aspiration with crush them - money/scholarship)
- ↪ We hold ourselves to high standards when advising

How to Work with Families

How do you manage expectations?

TIPS: The Power of Conforting

- ↪ We help them broaden their horizons and visualize all the possibilities
- ↪ We don't make the decisions for them, we just help them see what the options are
- ↪ We respect their decisions, even if we disagree
- ↪ We help set realistic expectations (grades and money)
- ↪ The school can't "fix" negative results
- ↪ We help "negotiations" between parents and students when they want opposite things

How to Work with the School

Does the Administration understand what your role is? Do they value it?

TIPS: The Self - Empowerment

- ↗ We have to help the school understand all the different aspects of our job: bureaucracy, emotional support, networking, attending events, fly ins, etc.
- ↗ We have to teach the faculty and staff to support our department so the students can emulate their behavior
- ↗ Use all of the school resources: i.e., if your school has one, build a relationship with the Communications Department, so you have their help for announcements and advertisement (librarians, where teachers went to college, English teachers, Art teachers, etc.)

Barriers to Overcome

What are the biggest challenges?

- ↖ External (disagreeing) voices
- ↖ Not enough time for each student
- ↖ Trying to do too much (fairs, visits, workshops, etc.)
- ↖ Lack of expertise (portfolios, auditions, etc.)
- ↖ Unyielding minds
- ↖ Holding firm (fee waivers, deadlines, etc.)
- ↖ Personal life
- ↖ Not enough training (emotional situations)

Questions?



Thank You!