

Comprehensive Guidance and Counselling

The Nova Scotia Department of Education has recognized that guidance and counselling should be offered as a multi-faceted total school program rather than as a position occupied by a counsellor.

Students, parents and staff are consulted to determine the guidance and counselling needs of the students. These needs are then prioritized through collaboration with staff, students, parents, and other stakeholders and a guidance program is developed for each school.

The program provides direction by assisting students to acquire knowledge, attitudes, strategies, and skills in the four program domains:

Personal: To understand and appreciate oneself

Social: To relate effectively to others

Educational: To develop appropriate educational plans

Career: To develop life and career plans

School Guidance Counsellors Supporting Students

emotional needs social needs
mental health academic needs
anti-bullying anti-cyberbullying
confidential student advocates
life and career planning
working with teachers
working with families
working with administrators
working with community resources
working with and for students
Comprehensive Guidance
and Counselling Program



NSTU.CA

Teachers
Make a
Difference



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THE ROLE OF THE SCHOOL COUNSELLOR IN THE SOUTH SHORE REGIONAL SCHOOL BOARD



Regional School Board
NOVA SCOTIA, CANADA

The primary
mandate of a
school counsellor is
to act as an
advocate for all
students from
primary to grade
twelve by creating
a caring
environment that
supports their
personal, social,
career and
educational needs

Comprehensive Guidance and Counselling Program Components

Q&A

I Professional Services

- Provide services that support the personal, social, educational, and career development of all students.
- Collaborate with school staff regarding students' academic, social, emotional and developmental needs.
- Counselling with individuals, groups and families.
- Critical incident response
- Referrals to community agencies.
- Work closely with families.
- Member of the critical incident team at the school/Board levels.
- Maintain professional competence by taking advantage of professional development opportunities

II Guidance Curriculum

- Visit classes to offer group information and/or training sessions.
- Provide resources to teachers, parents, students, and other stakeholders to effectively deliver guidance-related curriculum.

III Life/Career Planning

- Promote, plan, and implement prevention programs, career/college activities, course selection and placement activities, social/personal management and decision-making activities.
- Expose students to experiences that will broaden their career awareness and knowledge.

IV Program Management & System Support

- Collaborate with all school personnel to establish a plan for the implementation of the comprehensive guidance and counselling program.
- Maintain note taking, record keeping with respect to counselling case files and counselling roster, transcripts, and credit checks.
- Be part of a professional learning community (i.e., PEBS, accreditation, program planning, etc.)
- Attend meetings related to guidance issues.
- Establish and maintain a guidance information centre.

What does Confidentiality Mean?

Much of the work of a school counsellor is “guidance” or “developmental” in nature. It often involves working with large groups or whole classes of students. This work is generally not confidential.

Individual or small-group meetings with students are often used for discussing information of a confidential nature. These meetings are considered to be “counselling”.

The counsellor explains the limits of confidentiality to the students. If a child reveals that he or she is being harmed, plans to harm another person, or is suicidal, then legally this information must be shared with the appropriate authorities. Also, there may be times when the counsellor receives a court-issued request to provide information.

At other times it is truly in the best interests of the student for information to be shared with parents or teachers, but there is no legal requirement. Student permission is required before such information is shared.