



## *Christina Comprehensive School Counseling Program: Reaching Tomorrow by Teaching Today*

### **Christina Comprehensive School Counseling Program Guidelines for Use**

The Christina Comprehensive School Counseling Program guide is intended for use by administrators and school counselors and is designed as a framework around which to build their individual school's counseling program. Each school has different needs based upon their student body; as a result, each program must be personalized to meet those needs.

In keeping with the ASCA National Standards for Students, there are components to the program that should be included for all students. The pacing guides included in this guide provide a foundation for the school counseling program at each level (elementary, middle, and secondary) and focus primarily on the guidance curriculum. Using these pacing guides, school counselors and administrators can collaboratively build their program from this foundation and incorporate additional programs and services to address specific need related to school improvement and wellness.

A comprehensive school counseling program will include all of the following types of services to help address the National Standards for Students and respond to student needs:

#### **Guidance Curriculum**

The guidance curriculum follows the ASCA Standards and focuses on academic, career, and personal/social development for all students. Various curriculums are available related to the ASCA Standards in addition to counselor developed lessons and activities; each lesson must include a meaningful assessment of what was learned. The guidance curriculum will often be delivered using classroom lessons or small group work, but may include one-on-one work with students or large group assemblies.

#### **Responsive Services**

Responsive services deal with both prevention and intervention. Students with academic or personal/social issues may work with the counselor to develop strategies to cope with and resolve those issues. In addition, counselors will look at data and needs assessments to plan activities and programs that address specific needs facing the students in their schools. These preventative programs are geared towards impacting areas of known need before they rise to a crisis level. Responsive services will often be delivered individually or in small groups, but may include school wide events or activities.

#### **Individual Student Planning**

Individual student planning refers to the time that counselors spend with students to work developing and achieving short and long term goals. These goals may be academic, career, or personal/social in nature and help the student to learn skills such as problem solving and goal-setting. Examples of individual student planning are academic conferences, course planning sessions, or post high school planning sessions.



*Christina Comprehensive School Counseling Program:  
Reaching Tomorrow by Teaching Today*

**System Support**

School counselors provide system support in a variety of ways. As an advocate for both students and teachers, counselors may coordinate and attend parent-teacher conferences, open houses, and other school events. School counselors may plan events and workshops for parents or teachers to help address issues that impact student behavior and achievement. In addition, school counselors act as a liaison to help parents and student access community resources and seek help when needed. Finally, school counselors work with students and parents to help them understand the requirements of the educational program and wade through the vast array of testing information and data provided to them by the school.

An effective counseling program will use all of the above types of service to meet student needs. The chart below shows the recommended percentage of time to be spent on each of these areas, based upon the level of the school. This chart was based on the ASCA recommendations and is also included in the Delaware Model School Counseling Program.

<b>Type of Service</b>	<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>
<b>Guidance Curriculum</b>	<b>35-45%</b>	<b>25-35%</b>	<b>15-25%</b>
<b>Individual Planning</b>	<b>5-10%</b>	<b>15-25%</b>	<b>25-35%</b>
<b>Responsive Services</b>	<b>30-40%</b>	<b>30-40%</b>	<b>25-35%</b>
<b>System Support</b>	<b>10-15%</b>	<b>10-15%</b>	<b>15-20%</b>
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

To effectively implement this program, as written, it is recommended that a school follow the ASCA recommended counselor to student ratio of 1 counselor for every 250 students. When such implementation is not possible, it is critical that the core foundation of the program not be compromised, but instead, that the administrator and the counselor utilize whatever additional resources are available in the school and community to help meet the varied need of the students.