SCHOOL COUNSELING

COSC 660: Principles of School Counseling
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Navigating Success Beyond the Classroom Through Culture and Confidence

COMPREHENSIVE PROGRAM ELEMENTS

True North Counseling: Mission

- Culturally Sensitive Support
- Empower Students
- Build Resilience
- Success

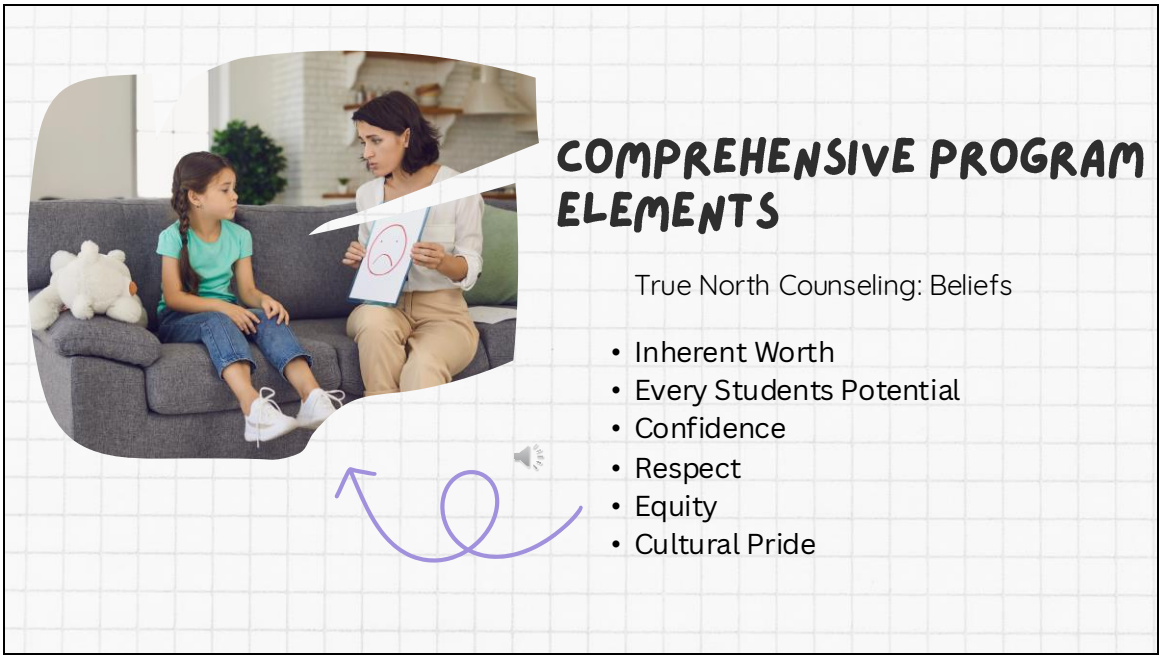
True North aims to guide students and their families toward their true north. Through culturally sensitive support and empowerment, students will navigate academic, social, and emotional pathways, fostering resilience for lifelong success.

COMPREHENSIVE PROGRAM ELEMENTS

True North Counseling: Vision

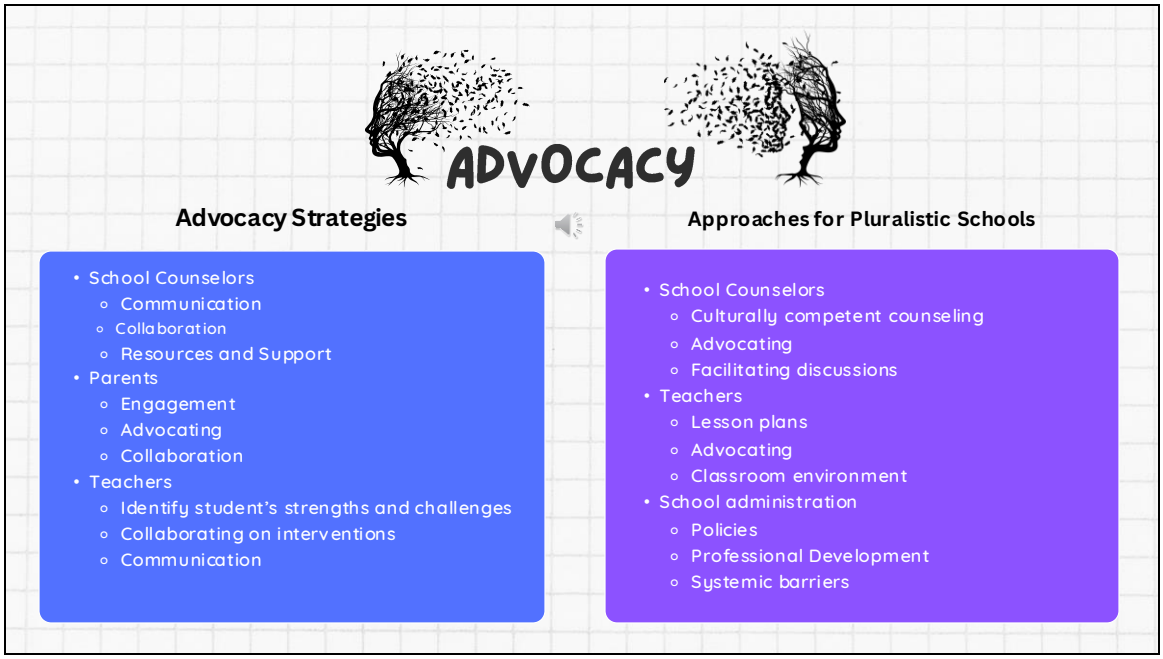
- Support
- Guidance
- Confidence
- Resilience
- Cultural Pride

The vision of True North is to be the beacon of support and guidance for students and their families. True North envisions a community where all students navigate their academic, social, and emotional journeys with confidence, resilience, and pride.



True North believes in the inherent worth and potential of all students and their families. Through culturally responsive practices, True North empowers students to embrace their identities, navigate challenges, and pursue their aspirations with confidence. True North is committed to helping students thrive academically, socially, and emotionally, guided by the principles of respect, equity, and cultural pride.

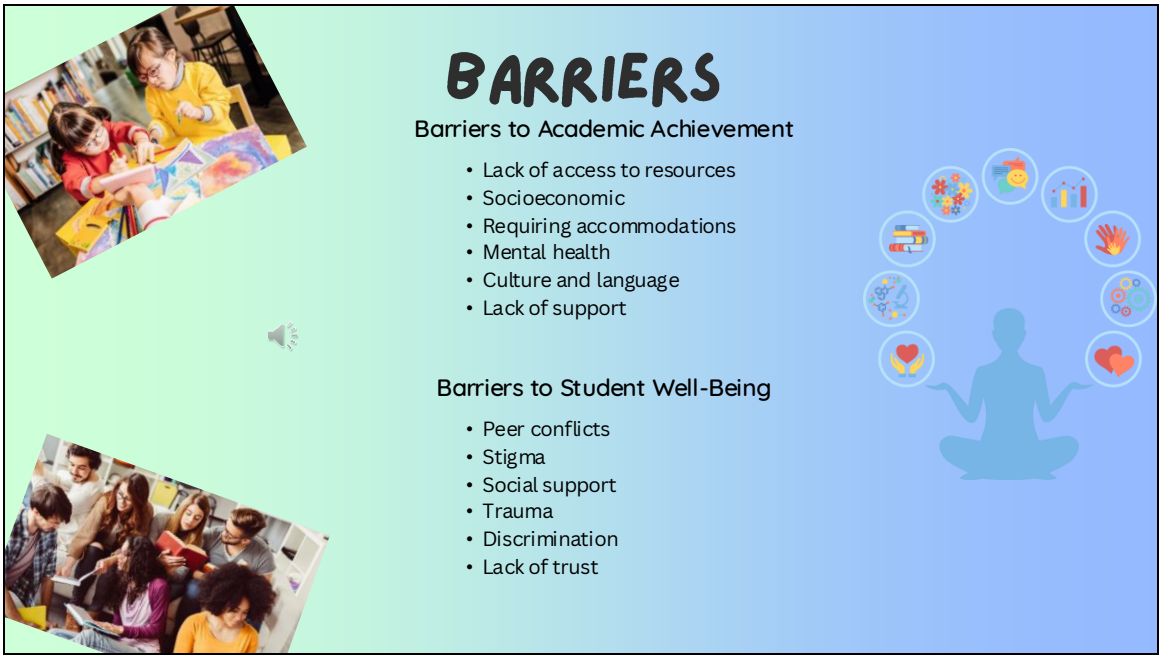
01: Goal is to support all students in achieving academic success through goal planning and setting, study skills and time management group counseling and advisement, and individual academic counseling. According to Holland and Associates (2020), academic advising and counseling empower students to recognize the link between their current academic journey and their prospective life goals. 02: Goal is to prepare students for future careers and life beyond the classroom via career/college counseling/advisement, small/large group advisement/appraisal, individual/classroom advisement/appraisal, career assessments, and career exploration opportunities. This would allow students to make informed career choices and have a smoother transition to post-secondary education or the workforce. According to Dodd & Associates (2020), college and career readiness is important in motivating students to pursue higher education and gain an understanding of their options and expectations. 03:Goal is to promote emotional well-being and cultivate positive relationships through strategies such as individual/group counseling, social skills & conflict resolution skills counseling, and peer support counseling to increase self-confidence, better interpersonal skills, and reduce behavioral concerns. According to Lawson and Associates (2020), introducing social-emotional initiatives in schools improves emotional, cognitive, and behavioral abilities in all students.



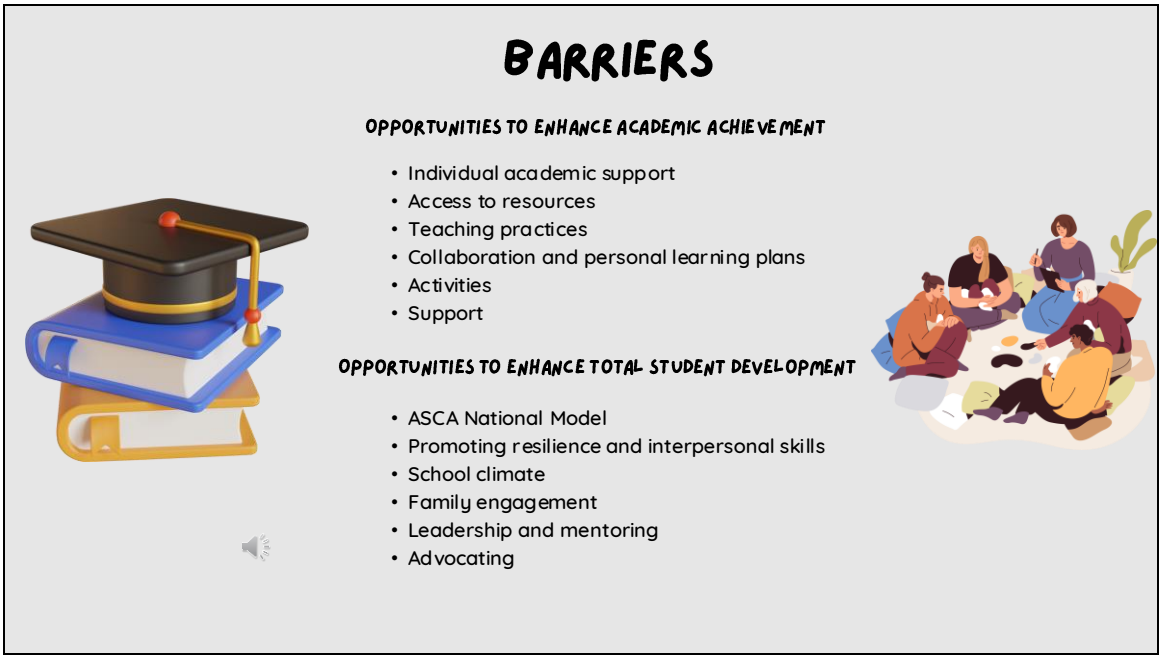
According the American School Counseling Association (2019), explaining the benefits of a comprehensive school counseling program to all stakeholders is an important advocacy strategy. SC strategies include communicating with parents and teachers, collaborating on IEPs and 504 plans, and providing resources and support for parents and teachers regarding student needs (American School Counseling Association, 2019). Parent strategies include attending school meetings/conferences, advocating for their child's needs/accommodations, and working with teachers and counselors to support their child. Teacher strategies include identifying students' strengths/challenges, collaborating with counselors to implement interventions, and communicating with parents and counselors on student progress. Advocacy Approaches for SC include culturally competent counseling services, advocating for inclusive curriculum/resources, and facilitating discussions on diversity/equity within the school community. Teacher approaches include diverse perspectives in lesson plans, advocating for appropriate teaching materials, and creating a classroom environment that values/respects all students regardless of their background. School Admin approaches include implementing policies that promote equity/inclusion, provide PD on cultural competence, and addressing systemic barriers to equity within the school (ASCA, 2019).

Access: all students have an equal opportunity for counseling; all students are provided culturally diverse, responsive, and accessible counseling services; all students are provided equitable access to services and confidentiality/privacy; financial barriers to accessible counseling services are addressed; promoting laws/regulations of students rights to counseling (providing accommodations for students with disabilities); advocating for policies that promote equitable access to counseling services for all students.
Attainment: Level of educational/career goals reached by students with the support of counseling services; recognize/value diverse pathways such as nontraditional career paths; provide unbiased guidance/support to help students reach their goals; address socioeconomic barriers such as lack of opportunities and resources; ensuring counseling interventions comply with laws such as antidiscrimination laws; advocate for policies that support educational/career goals for all students.
Achievement: Academic/personal outcomes of students as a result of counseling interventions; recognizing/celebrating diverse forms of achievement such as cultural heritage or alternate measures of achievement; prioritizing the well-being/autonomy of students while promoting achievement; addressing the lack of resources that could impact a student's academic/personal goals;

adhering to laws/regulations such as IDEA to promote student achievement; advocating for policies that support equitable opportunities for academic/personal achievement (American School Counseling Association, 2019).



Barriers to academic achievement: Lack of access to textbooks, technology, and academic advising/counseling; poverty, homelessness, and food insecurity; learning disabilities, special needs accommodations, and the lack of support/resources; cultural/linguistic barriers such as the lack of an ESL class or lack of cultural competency within the school; family/home environment that lacks support of the student's academic success.
Barriers to student well-being: Peer conflicts/bullying that lead to emotional distress; stigma associated with receiving counseling services; lack of family/peer support and counseling services; being exposed to trauma; discrimination/prejudice due to race, gender, sexual orientation and other factors (Auger et al, 2018); lack of trust and confidentiality in the counseling profession (Auger et al, 2018). According to Auger and Associates (2018), school counseling services demonstrate effectiveness in addressing various concerns including helping immigrant students in their career advancement and narrowing the achievement gap by enhancing academic performance among African American high school students.



Opportunities to enhance academic achievement: academic advisement/counseling; providing access to textbooks, technology, and educational materials; using inclusive/culturally responsive teaching practices to address diverse learning needs; working with teachers/parents to develop personalized learning plans; establishing extracurricular activities and enrichment programs to engage students beyond the classroom; offering mental health support to address socioeconomic needs.
Opportunities to enhance total student development: create a comprehensive school counseling program that aligns with the ASCA National Model; provide a social-emotional learning curriculum to promote resilience and interpersonal skills; foster a positive school climate via inclusive policies; build connections with families and the community to support student development; provide leadership/mentoring opportunities; advocate for systemic changes, such as inequities in student resources and opportunites

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