

# COUNSELLING

## Background

The Division believes counselling is an integral part of the school experience which fosters comprehensive wellness, student achievement and life-long learning. Schools provide this experience in a variety of ways, including:

### ***Universal Counselling***

Comprehensive school activities enhance students' self-esteem while teaching strategies for managing emotions, developing empathy, building healthy relationships and making positive life choices. In the Division this is achieved through school behaviour matrix, classroom instruction and the Mental Health Capacity Building support program.

### ***Responsive Counselling***

Through targeted, specific programs, as well as individual and family support, identified personnel such as Family School Liaison Workers (FSLW) and Family Engagement Workers will help students and families cope effectively with a wide variety of emotional and social issues.

### ***Career Counselling***

Division Career Counsellors provide individual support to students in identifying appropriate career pathways for life beyond high school. They work with school staff to support students in setting goals in relation to their career aspirations and monitor their progress towards that end.

## Procedures

1. Counselling services are provided to the schools through school-based staff, FSLW and Career Counsellors. In some cases local community agencies may come into schools to support students.
2. All persons working in a counselling role are required to respect the confidentiality of information received in accordance with professional ethics, the law and Freedom of Information and Protection of Privacy (FOIP).

Reference: Freedom of Information and Protection of Privacy Act Counselling Services in Jurisdictions

Forms: FSLW Referral (Students, Parents/Guardians, Community) 250-1  
FSLW Referral (Division Employees) 250-2  
FSLW Consent 250-3

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