

MISSION

The mission of the Arlington ISD Guidance and Counseling Department is to empower and advocate for all students through a high quality, comprehensive developmental counseling program that inspires students to strive for their maximum potential in academic, career and personal/social domains. In a collaborative partnership with all district staff, families and community, the school counselors will support all students to become self-directed, productive, responsible students and lifelong learners.

VISION

The Arlington ISD Guidance and Counseling Department will empower all students to become socially and emotionally competent citizens who positively impact the world.

FOR MORE INFORMATION

For more information, contact your students' assigned school, follow us on Twitter or visit our website.



<https://www.aisd.net/district/departments/academic-services/transformational-learning/social-and-emotional-learning/guidance-and-counseling/>



Arlington
INDEPENDENT SCHOOL DISTRICT
More Than a Remarkable Education

REASONS TO VISIT YOUR SCHOOL COUNSELOR

Students may visit their school counselor through self-referral, teacher, administrative, parent and/or friend referral, or through special services. A school counselor referral is strongly encouraged when one or more of the issues below are presented.



ABUSE/NEGLECT

Physical
Emotional
Sexual



ACADEMICS

Study Skills
Grades
Test Taking Skills
Consultation with Students,
Parents and Teachers



BEHAVIOR

Absenteeism/Truancy
Apathy
Defiance
Disruptive
Social Isolation/Shyness



HOME LIFE

Divorce
Family Relationships
Incarcerated Relative
Referrals for Basic Needs
(housing, food, employment,
school supplies)



MENTAL HEALTH

Anxiety
Coping Strategies
Grief/Loss
Depression
Self-Harm/Suicide
Stress Reduction
Referrals to Outside Resources



SOCIAL INTERACTION

Bullying
Conflict Resolution
Peer Pressure

SCHOOL COUNSELORS

ARLINGTON INDEPENDENT SCHOOL DISTRICT



TOGETHER
WE MAKE THE
DIFFERENCE

Arlington
INDEPENDENT SCHOOL DISTRICT
Guidance  *Counseling*

WHO ARE PROFESSIONAL SCHOOL COUNSELORS?

Professional School Counselors are certified/licensed educators who improve student success by implementing a comprehensive school counseling program in all grade levels. School Counselors must earn, at minimum, a Master's Degree in School Counseling, meet the state certification/licensure standards, fulfill continuing education requirements and uphold ASCA (American School Counselor Association) ethical and professional standards.



SCHOOL COUNSELORS VS. PROFESSIONAL THERAPISTS



School Counselors conference with students and provide an educational assessment based on observation, but if more extensive counseling (psychological or psychiatric) is necessary, school counselors can refer parents and students to outside resources at the parent's expense. School counselors provide more academically focused services while professional therapists tend to focus on mental health services.

COLLEGE & CAREER READINESS

School counselors provide support to all students in efforts to explore and pursue college and career opportunities. In alignment with the vision and goal of AISD, we aim to ensure that 100 percent of Arlington ISD students graduate exceptionally prepared for college, career and citizenship. We support this endeavor by:

- Individual Planning
- College and Career Day
- Guidance Lessons
- Field Trips



FOUR COMPONENTS OF A COMPREHENSIVE, DEVELOPMENTAL SCHOOL GUIDANCE & COUNSELING PROGRAM

The School Counseling program is centered around four main components (guidance curriculum, responsive services, individual planning and system support) that integrate SEL (Social and Emotional Learning) curriculum in a systematic way, addresses the immediate concerns of students, assists students in monitoring and understanding their development and includes program and staff support activities and services.

I. GUIDANCE/SEL CURRICULUM

- **1st 6 Weeks:** Self-Awareness is the ability to recognize how one's emotions, thoughts and values influence behavior and promote a "growth mindset."
- **2nd 6 Weeks:** Self-Management is the ability to manage stress, control impulses, thoughts and behaviors in different situations.
- **3rd 6 Weeks:** Social Awareness is the ability to empathize with and take the perspective of others from diverse backgrounds and cultures, to appreciate diversity and cultivate respect for others.
- **4th 6 Weeks:** Relationship Skills is the ability to establish and maintain healthy relationships with others by clear communication, cooperation with others, conflict resolution and avoiding inappropriate social pressure.
- **5th 6 Weeks:** Responsible Decision Making is the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms.
- **6th 6 Weeks:** Teacher-determined (based on needs)

II. RESPONSIVE SERVICES

- Academic concerns
- School related concerns (tardiness, absences/truancy, misbehavior, school avoidance, drop-out prevention)
- Relationship concerns
- Physical/sexual/emotional abuse
- Grief/loss
- Substance abuse
- Family issues
- Harassment issues
- Coping with stress
- Suicide prevention

III. INDIVIDUAL PLANNING

Academic

- Student Skills
- Educational Opportunities
- Course Selection
- Lifelong Learning
- Test Scores

Social & Emotional

- Healthy self-concepts
- Adaptive and adjustable social behavior

Career

- Potential career opportunities
- Career/Tech training
- Positive work habits

IV. SYSTEM SUPPORT

- Guidance program development
- Parent education
- Teacher/administrator consultation
- Staff development
- School improvement planning
- Counselor's professional development
- Research and publishing
- Community research
- Public relations



CONFIDENTIALITY

A student's right to privacy and confidentiality is the basis for an effective counseling relationship. Confidentiality ensures that school counselors won't share students' disclosures with others except when the student or parent authorizes it or when there is a clear and present danger to the student and/or to other persons.