

**SCHEDULE A VISIT AND TALK TO  
YOUR COUNSELOR ABOUT:**



**ABUSE/NEGLECT**

Emotional  
Physical  
Sexual



**ACADEMICS**

Career Pathways  
College + Career Assistance  
Grades  
Test Taking + Study Skills



**BEHAVIOR**

Absenteeism/Tuancy  
Apathy  
Defiance  
Disruptive  
Social Isolation/Shyness



**HOME LIFE**

Divorce  
Family Relationships  
Help with Basic Needs  
Incarcerated Relative



**MENTAL HEALTH**

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



**SOCIAL INTERACTION**

Bullying  
Conflict Resolution  
Peer Pressure



**YOU'RE IN FANTASTIC HANDS**

All school counselors in the Arlington ISD have a minimum of a master's in school counseling, meet the state certification/licensure standards, fulfill continuing education requirements and uphold American School Counselor Association ethical and professional standards.

**SCHOOL COUNSELOR OR  
PROFESSIONAL THERAPIST?**

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.

**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 student's 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.*

**Arlington**  
INDEPENDENT SCHOOL DISTRICT  
*Guidance*  *Counseling*



**SCHOOL  
COUNSELORS**

*Together*  
**WE MAKE THE  
DIFFERENCE**

[www.aisd.net/counseling](http://www.aisd.net/counseling)

The Arlington ISD guidance and counseling department supports campus school counselors with the implementation of a comprehensive guidance and counseling program that focuses on social and emotional wellness, academic achievement and college and career readiness.



### COLLEGE & CAREER READINESS

School counselors provide support to all students in efforts to explore and pursue college and career readiness through:

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

This program is centered around four main components that addresses the immediate concerns of students, assists students in monitoring and understanding their development and includes program and staff support activities and services. Those components are:

#### 1) GUIDANCE CURRICULUM

Teaches students self-awareness, self-management, relationship and responsible decision making skills throughout the school year.

#### 2) RESPONSIVE SERVICES

Addresses the immediate concerns of students such as: academic and school-related concerns, family and relationship issues, substance/physical/sexual/emotional abuse, harassment issues, coping with stress, grief/loss and suicide prevention.

#### 3) INDIVIDUAL PLANNING

Assists students in monitoring and understanding their own development with academic learning and course selection, social/emotional behavior and career training and opportunities.

#### 4) SYSTEM SUPPORT

Includes program and staff support activities and services through parent education, professional development, research and consultation.

For a full list of guidance and counseling services, please visit [www.aisd.net/counseling](http://www.aisd.net/counseling).



The Care Clinic provides free wellness support for Arlington ISD students, empowering them to grow and learn from a counseling experience. Services are provided in an environment that is both safe and confidential. Arlington ISD state-licensed therapists facilitate services.

If you are interested in going to the Care Clinic, please contact your school counselor for a referral.

The Care Clinic is at 600 New York Ave., and operates Tuesdays, Wednesdays and Thursdays from 4 p.m. – 8 p.m., and select Saturdays from 9 a.m. – 12 p.m. Both in-person and virtual appointments are available to clients.

