

School Counseling



Abstract

Counseling is fundamental element in functioning of any school. Unfortunately, the efficient using of counseling programs in schools is failing due to lack of proper understanding of how to design effective and up-to-date ones, what is the role of the counselor, and how the establishment can benefit from counselor's active involvement in decision-making. This paper will evaluate Keith Anderson's article "Educational Counseling and Student Counselors." It is devoted to school counseling and aimed to assess the proposed methodologies and their effectiveness in a school setting. The author admits that developing, implementing, and, finally, having a counseling program that can work in schools is a challenging process. In addition, the paper will explore some arguments of Anderson's article and discuss how the presented ideas can be applied in a school setting. Moreover, the opinions on what may or may not work in the critical analysis of the article will be offered.

Keywords: counseling, technology, counseling program, national standards

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Understanding the process and the required techniques to ensure a proper implementation of counseling in schools is the foundation to a successful counseling program. It is, however, evident that most schools have failed to realize these factors hence the non-performance of the majority of these programs. Therefore, Anderson investigates the failures as well as emphasizes the necessary changes required for an effective counseling and counselor's role in the article on professional counseling in schools. In the article, the author argues that reasons for the challenges that modern counseling experiences are the lack of knowledge by counselors and institutions on the roles of the former, involvement in decision-making and technologies.

Summary

In order to successfully develop the structure for counseling in schools, Anderson presents a similar structure to that of the National Standards for School Counseling program. The latter started with developing leadership counseling at various levels. In the process, it was revealed that the changing times have ushered in technology. It therefore could be used in psychology by increasing connectivity between the counselors and the clients as well as for keeping data. Moreover, in the process of implementing a counseling program, it was noted that the challenges that have come with counseling in schools are the lack of knowledge of counselor's role. Thus, for counseling programs to be successful in

schools and for counselors to be effective, it is necessary to take a vital part in school politics. School counselors lack a clear vision of their role in the process as well as of the counseling program within the school's mission. Further, the counselors can succeed through being active at the national, state, and local levels in order to educate the school legislators on the importance of counseling in schools.

Analysis

The experience of developing and implementing a counseling program in a high school is not a walk in the park as explained by Anderson. In the article, he presents a personal report on the evolution of school counseling, the challenges encountered by counselors, and the need for counselors to help the learners in achieving self-awareness. Anderson states that counseling in schools can be effective in case the counselors are given major roles in school decision-making. Thus, they will be in a better position to address the learners' needs in their careers as well as personal life and incorporate them to the school objectives. Counselors should involve themselves with the school politics and influence the development strategies in school.

Anderson claims that in many cases, counseling has become non-existent. He states that there are many problems regarding the methodology and misunderstanding of developmental theories in counseling. The author informs about the presence of a confusion regarding the separation of sequence and scope as well as the theoretical principles that contribute to healthy maturity. An assertion is supported by

the fact that schools have lately not taken counseling as a serious necessity in the academic program which is wanting, especially due to the fast changing society that exists nowadays.

Anderson argues that the challenge the counselors are facing that confuses them to perform their duties effectively is the lack of full involvement into the school's development activities. His argument is based on the proposal by Gysbers that counselors are able to perform tremendously if they are allowed to involve in school structural programs. They are able to be grounded in the personal academic and career domains of students' development. Moreover, they will be able to advocate for students

In addition, Anderson states that cultures and times have changed which obliges of the need for the counseling profession to change, as well. On this claim, he argues that the use of technology is vital because the targeted generation is highly connected to the Internet and relies majorly on it. However, it serves for the improvement of counseling because the counselors are able to communicate with the clients online, especially nowadays when online counseling has increasingly become acceptable, and further connect as professionals.

Evaluation

The article by Anderson is quite captivating owing to the fact that the research has been presented as a story on a personal experience. It is not only entertaining but also a way of making the facts introduced be very

authentic. The reason is that the reader is relating to the author's experiences rather than just reads a research report. Moreover, the style used in the article is very elaborate and clear because it has been divided into sections, and each one has a key area to be addressed exhaustively. Finally, the author has concluded with a summary that contains his recommendations on the discussed subject. Anderson' article is relevant and applicable to school settings nowadays. First, the idea of a well-developed and comprehensive counseling program that is capable of standing even when the administrations change is in line with the school agendas. Second, it addresses the issue of the impact of technology, the way it can be involved in school counseling, and its relevance. Third, it is aimed at school-age population as it focuses on the means of mitigating the challenges that arise with changes in school administration and further gives the roles of counselors in a school setting. Finally, the article is in line with the theory of behavior change where counseling is seeks to make the learners overcome their weaknesses and instead develop their strengths amidst their fears. It means that the counselor must be well-versed with the current trends and newly emerging ones in order to approach counseling with knowledge.

Conclusion

Counseling is imperative and equally necessary only when the program has been set up in the required manner. According to Anderson, the problem exists in the role of the counselor in the process. If the counselors understand their role, they are able to make the counseling system more beneficial to the learners. One of their major roles is to involve themselves

in school politics and influence the development affairs in order to ensure that they are given room to exercise their part effectively.