

Components of the CGCP

A Comprehensive Guidance and Counselling Program has defined benefits and outcomes for all students and is developed locally through needs assessments within provincial guidelines.

There are four main components:

(I) Guidance Curriculum

Structured experiences presented systematically through classroom and group activities.

(II) Professional Services

Counselling, consultation and coordination activities to meet the immediate needs and concerns of students.

(III) Life/Career Planning

Activities; which assist students to monitor and manage their own learning and make plans for life & career development

(IV) Program Management & System Support

Activities; which establish, manage, maintain and enhance the program.



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Comprehensive Guidance and Counselling Program



About the Program:

A Comprehensive Guidance and Counselling Program is designed to assist the personal, social, educational and career development of students. It is a total school program that requires a professionally qualified counsellor for full implementation.

General Information

Guidance Counsellors are responsible for the coordination of the guidance program within the school and community, focusing on preventative and responsive programs and services. These programs and services are principally concerned with the personal, social, educational and career needs of all students. Counsellors are trained to listen, support, and challenge students, as well as design counselling programs that will meet each individual's needs.

Why do students see counsellors?

School counsellors work with students for a variety of reasons, including, but not limited to:

- Building self-esteem and confidence.
- Developing problem solving / conflict resolution skills.
- Developing appropriate social skills with peers and adults inside and outside of the classroom.
- Learning emotional regulation strategies.
- Identifying feelings and expressing them appropriately.
- Discussing personal issues to help students cope with their concerns.

How does the Guidance Counsellor work with students?

- Individual counselling.
- Facilitate small group counselling for students with similar concerns (ex: friendships, divorce, grief etc).
- Sessions with classes or other groups to help them work on specific skills or get important information (ex: test anxiety, self-advocacy, career exploration etc.).
- Consultation and collaboration with parents, teachers and administration.

Referral Process for Individual Counselling:

Elementary school counsellors are able to meet students individually **one** time prior to receiving consent from the parent or guardian.

If a student is recommended for guidance services, the referring teacher or administrator will notify you. I will then contact you to arrange for the consent form to be signed, and to address any questions you may have. You may also contact me directly if you wish to refer your child for guidance support.

Confidentiality:

All student information will be kept confidential. Exceptions include: the mandatory reporting of suspected child abuse, reporting risks of serious harm to self or others, and reporting seriously disruptive behavior to school administrators (NS Education Act)