



14 Tips for New School Counselors

Make a colorful start to a successful first year!

<p>1 Find a mentor school counselor.</p> <p> The South Dakota School Counselor Association offers a mentoring program to members.</p> <p>Visit sdschoolcounselors.com for more information.</p>	<p>2 Visit with your administrator to discuss expectations.</p> <p> Get a feel for his/her vision for the school and understanding of your role.</p> <p>Discuss your responsibilities for the school year.</p>	<p>3 Complete the Counselor/Principal Annual Agreement.</p> <p> This makes sure you are both 'on the same page' for your counseling program's goals.</p> <p>Visit http://doe.sd.gov/octe/counselors.aspx to access the form.</p>
<p>4 Gather and collect data.</p> <p> Gather data to understand your school's strengths and areas for growth, such as achievement data.</p> <p>Collect data on perceived needs through needs assessments.</p>	<p>5 Prepare introductory materials.</p> <p> Create a brochure, presentation, and/or web site to introduce yourself and the role of the school counselor to parents, teachers, students and the community.</p>	<p>6 Present "Meet the Counselor" lessons.</p> <p> Present about your role as a school counselor to every class.</p> <p>Educate teachers on your role and meet with parents to explain what you do.</p>
<p>7 Become familiar with the ASCA National Model.</p> <p> Utilize the South Dakota Comprehensive School Counseling Program Model (based on the ASCA National Model) to implement your own school counseling program.</p>	<p>8 Avoid the therapy trap.</p> <p> Explain that school counselors do not provide long-term therapy.</p> <p>ASCA's web site has resources on school counselor roles, duties and competencies.</p>	<p>9 Complete a yearly calendar of activities.</p> <p> Update this yearly to have a roadmap of your plans for the school year.</p> <p>Visit https://goo.gl/MKpeJ3 for a calendar template.</p>
<p>10 Track your time.</p> <p> A use of time assessment will show how much time you spend on direct and indirect student services.</p> <p>Visit http://doe.sd.gov/octe/counselors.aspx to access a template.</p>	<p>11 Establish an advisory council.</p> <p> This group should meet at least twice a year and is valuable to assist in validating and advocating for your program.</p> <p>http://doe.sd.gov/octe/counselors.aspx.</p>	<p>12 Plan your professional development.</p> <p> Consider which conferences, workshops, webinars, etc. you plan to attend for the school year to keep up with pertinent topics.</p>
<p>13 Join professional associations.</p> <p> A few to consider are: South Dakota School Counselor Association (SDSCA), South Dakota Counseling Association (SDCA), and American School Counselor Association (ASCA).</p>	<p>14 Practice self care.</p> <p> The first year can be stressful! Don't forget to take care of yourself.</p> <p>'Practice what you preach', utilizing self-care strategies.</p>	 