

## *Classroom Counseling Goals*

### **Personal/Social Development**

- \* Understanding self as an individual and as a member of diverse local and global communities
- \* Interacting with others in ways that respect individual and group differences.
- \* Applying personal safety skills and coping skills.

### **Academic Development**

- \* Applying the skills for educational achievement.
- \* Applying the skills of transitioning between educational levels.
- \* Developing and monitoring personal educational plans

### **Career Development**

- \* Applying career exploration and planning skills in the achievement of life career goals
- \* Knowing where and how to obtain information about the world of work and post-secondary training/education
- \* Applying employment readiness skills and the skills for on-the-job success.

## **Mid-Missouri School Counselor Association**

MMSCA meets throughout year to support its members with opportunities for professional development and collaboration/networking.



For more  
information go to  
our website:  
[www.mmsca.us](http://www.mmsca.us)

## **Mid-Missouri School Counselor Association**



*Helping  
counselors to  
help people for  
more than 40  
years!*

*The Mid-Missouri School Counselor Association encourages Professional School Counselors to implement a comprehensive guidance and counseling program that includes: classroom lessons, individual and small group counseling and collaboration with educators and parents.*

### **Classroom Lessons:**

**Professional School Counselors visit each K-3rd grade class regularly. The schedule for fourth and fifth grade classes is different in each district/school. The general categories focused on in classroom lessons are:**

- personal/social development**
- academic development**
- career development**



### **Individual Counseling:**

Professional School Counselors meet regularly with students who need one-on-one support to be successful at school.

Examples include:

- students who are dealing with stressful situations**
- students who have trouble behaving appropriately in one or more school settings**
- students who need help developing skills to get along with their peers**

### **Small Group Counseling:**

Professional School Counselors work with students who would benefit from extra support in a group setting. Groups may be formed to help students work on social skills, develop better study skills, learn appropriate ways to express anger, understand and cope with a significant change in their lives or for other reasons as the need arises.

