

What School Counseling Programs Teach

Skills for Learning Academic Development

- Effective learning in school & across the life span
- Academic preparation for post-secondary options
- Relationship of academics, work, family & community life

Examples: College Readiness, Importance of Graduation, Academic Planning, Test Preparation, Study Skills

Skills for Earning Career Development

- Investigate the world of work to make informed decisions
- Strategies to achieve future career goals
- Relationship of personal qualities, education, training & work

Examples: Career Readiness, Personal Learning Plan, Decision Making, Goal Setting, Financial Aid for College

Skills for Living Personal/Social Development

- Interpersonal skills to respect self & others
- Decision making, setting goals & taking action to achieve goals
- Understanding everyday safety & survival skills

Examples: Coping/Resiliency, Anti-bullying, Dating Violence, Citizenship, Character Education, Peer Pressure

Contact Information

Local

Statewide

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www.neschoolcounselor.org

National

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College and Career Ready:

School Counseling Programs Prepare Students



Student Results

Results of the 2010 Nebraska School Counseling evaluation study found evidence that school counseling programs in Nebraska high schools impact student outcomes.

Positive Student Outcomes:

Higher Graduation Rates

Higher Attendance Rates

Higher Math and Reading Proficiency

Lower Suspension and Lower Discipline Rates

Improved Technical Career Skills

Nebraska School Counseling State Evaluation Summary

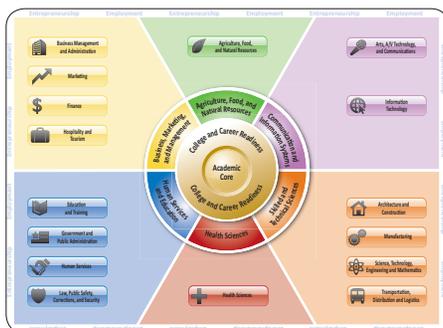
Conducted by the Center for School Counseling Outcome Research — University of Massachusetts Amherst

The full report and summary can be found at:

www.education.ne.gov/CARED

School Guidance & Counseling for College and Career

Explore academic and career opportunities with the Nebraska Career Education Model.



Identify interests and skills to determine their goals. Search up-to-date information about college and careers and prepare resumes and portfolios. <http://www.nebraskacareerconnections.org/>



Create a Personal Learning Plan of coursework and activities to accomplish goals.

Personal Learning Plan		Name: _____ Cluster: _____		Pathway: _____		Nebraska Career Education Program of Study		Requirements & Prerequisites		Suggested Learning School/Community Activities	
Grade	Course	English Language Arts	Math	Science	Social Studies	Health	Physical Education	Art	Music	Foreign Language	Other
9											
10											
11											
12											

A student's Personal Learning Plan is their own blueprint to keep them on track to meet college and career goals.

Let's Work Together!

Parents have the most influence over their student's college and career readiness. Let's work together to guide your student to college and career!

When students, parents and the school plan together, each student receives support from both home and school to meet the goals of his/her Personal Learning Plan.



School Counselors provide families information about financial aid for college.

What Students Say...

"[Without my school counselor] I would not have gotten the confidence I needed to get into college and succeed in the future."

— Katherine Depa (Daniel J. Gross Catholic School)

"She is not just a tool but an inspiration in my life."

— Sarah Porter (Adams Central)

"I have been inspired by my school counselor and her belief in my personal qualities."

— Randi Hughes (Scottsbluff High)

"I do not think I would be the proud independent person I am today without school counseling."

— Samantha Sigman