



## Myths and Truth about School Counselors

1. When a student is sent or called to the school counselor's office, it is because he/she is in trouble.

TRUTH: The school counselor is not here to judge, to scold or punish the student. She might want to see you to talk about a particular issue that may have been brought up by a teacher, your parent, or another student. You don't need to be nervous; counselors see kids to help fix problems, not because they are "in trouble."

2. Students that need a school counselor are "crazy", or have something "wrong going on in their heads".

TRUTH: Everyone can benefit from talking to someone once in a while. Even counselors! That doesn't mean that there is something wrong with them. It is the opposite! If you talk to a counselor, it means you are smart enough to realize that you might need some help in solving a problem. Lots of people have seen a counselor at some point in their lives, and most of them have found it helpful. Sure, counselors see people with serious problems, but most of their "clients" are just regular people going through tough times.

3. The counselor is going to boss me around and tell me what to do.

TRUTH: Actually, the best counselors help kids solve their own problems. They may make suggestions, but teaching problem-solving skills is one of their main goals. One of the benefits of talking to a counselor is that she's been around awhile, so chances are good that she's seen a problem like yours before. That means that she probably has some good ideas for you to try, and will help you pick the one that seems right for you

4. If I talk to a counselor, all of the other kids will know and they will hassle me about it.

TRUTH: First of all, your sessions with the counselor are confidential, so unless you advertise it with your friends, no one really has to know. Second, you might be surprised to learn that many kids at your school see the counselor from time to time. More and more kids are realizing that counselors can help them, and they are actively seeking out that help.

5. The counselor is going to blab what I say to my teachers, and others.

TRUTH: Pretty much everything you say to a school counselor is confidential, which means that it will be kept private. There are a few exceptions: when someone is getting hurt, is in danger, or involved with something illegal. In these cases, counselors are required to share the information with the appropriate people. Of course, there may be issues that come up that a counselor might encourage you to share with teachers or parents, but the decision is up to you.

