



SAGESSE HIGH SCHOOL

COUNSELING SERVICES

FREQUENTLY ASKED QUESTIONS
FOR STUDENTS

WHAT IS A SCHOOL COUNSELOR?
WHAT KIND OF THINGS CAN THE COUNSELOR HELP WITH?
WHAT HAPPENS IN COUNSELING?
WHERE AND WHEN DOES COUNSELING TAKE PLACE?
DOES THE SCHOOL COUNSELOR TELL OTHERS WHAT I SAY?
HOW CAN I SPEAK TO THE SCHOOL COUNSELOR?

Find the answers to these questions at the back of this flyer.

What is a school counselor?

The school counselor is the person that everyone at school goes to when they want to talk about anything that is bothering them (even teachers and HDs!). The school counselor's job is to listen carefully, not judge or blame you, and figure out how to help you.

What kind of things can the counselor help with?

Here are a few examples:

- dealing with worry, anger, sadness, stress, or any other feelings
- working out issues with friends, family, teachers, or anyone else
- dealing with peer pressure or bullying
- thinking about how to help a friend or anyone else
- problem-solving / making decisions
- getting used to a new school

What happens in counseling?

The counselor will listen to you, try to see things from your point of view, and work with you to think about the best way to help. The counselor will not ask you to talk about anything you are not comfortable talking about.

Where and when does counseling take place?

Counseling takes place during school in the room right next to the Block B auditorium. The room is a safe space where you can talk about anything.

Does the school counselor tell others what I say?

What you talk about stays private unless the school counselor :

- becomes worried about your safety or the safety of another person
- thinks that your parents or other adults can help support you

The counselor will tell you before talking to anyone else.

How can I see the school counselor?

There are many ways you can talk to the school counselor:

- knock on the door! (especially if it's an emergency)
- tell a teacher, supervisor, or HD
- put a paper in the 'safe box' outside the counseling office
- tell your parents