

Top Ten Reasons to see your School Counselor

(Reprinted with permission from Angela Olive, Northside Montessori School, Indianapolis, IN)

Did you ever wonder what goes on in the high school counselor's office? You see the counselors in the halls during passing periods. Sometimes you are called down to discuss your schedule, but what are some other things your school counselor can help you with? School counselors strive to provide each of their students with academic, psychological and interpersonal advice necessary to succeed in school and in life. All of the resources available might surprise you.

Here are the top ten reasons to visit your school counselor:

1. **Get help solving conflicts** – Sometimes it's hard to manage conflicts on your own. Your school counselor can help you brainstorm solutions to your conflicts.
2. **Get help with managing your busy schedule** – Life can get really hectic between school, work, friends, sports, and other extracurricular activities. Your counselor can give you tools to help you manage your time wisely.
3. **Get help with planning your future** – Thinking about your future can sometimes be overwhelming. Your school counselor can guide you to the right path in order to accomplish your goals.
4. **Talk about college and career choices** – Once your school counselor gets to know you, they can help you identify colleges and post-secondary training opportunities that would be a good fit for you.
5. **Find out how to search for scholarships** – There are thousands of scholarships opportunities available. Your school counselor can help you find the ones that you qualify for and will be the most beneficial to you.
6. **Guidance counselors write awesome letters of recommendation** – The majority of post-secondary schools will ask for a letter of recommendation to accompany your application. If you have taken the time to get to know your school counselor well, more than likely they will be willing to write a letter of reference for you.
7. **Get help making important decisions** – Decisions can be hard to make on your own, your school counselor can give your guidance in making those choices.
8. **You want to do better in school** – Some classes are tougher than others, your school counselor can help connect you with a tutor.
9. **You just want to talk to someone who will listen** – Many things happen throughout the day, some good, and some bad. Your school counselor is always available to lend you an ear.
10. **Your School Counselor is really cool** – enough said.