EVEN SUPERHEROES NEED HELP (COPING STRATEGIES FOR GUIDANCE COUNSELORS AT DEPED DIVISION OF BATAAN)

by:
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Guidance counselors are an important part of any educational institution, for they are the ones who provide help in academical achievements, personal/social development as well as career development of students. A counselor’s work of offering advice to students at crucial turning points in their lives are indeed very vital. Whether these counselors work in elementary, high schools, or even college they are there for learners who are going through a difficult time or just need advice and support. They are known to be great listeners and they also advocate for mental health and resilience in difficult life circumstances (Carandang, Catipon, Dey, Fernandez & Tuason, 2011).

One important thing for a school counselor is to have a healthy psychological well-being by having coping strategies, advices and supervision and the need to attune to their own inner dynamics to lessen the possible harmful effects from their work. Being psychologically healthy is important for a counselor for him/her to better do his/her job on rendering the guidance services to the learners. As the saying goes, before you can help other people you must first help yourself.

The first one to benefit from a holistically healthy Guidance Counselors are the students. The students will surely enjoy a better guidance and counselling services from a healthy-well rounded guidance counselor. Also, the guidance counselors are the central figures in the implementation of the guidance program. They are the first point of contact of students whom they turn for guidance and motivation along with the teachers. This article hopes to provide them significant information about their important roles as
human development specialists to build up procedures that may inform students about the ways they can cope up with problems brought about by the pandemic.

One of the most effective ways of coping to different stresses of work is by taking a break. They say that all work and no play make Pedro a dull boy and this is indeed true even for Guidance Counselors. A Counselor will be more efficient in doing his function as a mental health advocate to the students or even to his/her coworkers if the former knows when to call it a break. More so, the work of a guidance counselor is very taxing and it is always important and discovering new hobbies and doing new things will surely help a counselor on coping with different stresses. It is also important that as a guidance counselor you set yourself to realistic goals. One way of doing this is by doing your work one step at a time and by avoiding looking at your workload as a whole. Most importantly, a Guidance Counselor is also a human being who needs love and affection of his/her family so it is vital for a counselor to balance his work and life. For all guidance counselors always find quality time to spend with your friends and loved once and for us other employees of DepEd Bataan, let us not oversee the beautiful work of our counselors or anyone who advocates mental health. A little appreciation from us will surely give them a whole lot of motivation.

References:

