RIGHT COUNSELING: A MUST IN SCHOOL SETTING

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“STRESS AND STORM PERIOD.” This is the time where the youth experiences different troubles that for them are very hard to resolve. It may be confusion about their identity, family issues and problems; it may also be love problems, issues with friends and a lot more.

In the Philippine setting and in other different countries, these youth are often in school. They are enrolled and coming to school with the above stated situation are running in their mind and are making them sick because of unfathomable problems which they may think that their situation is already hopeless.

With that above scenario, counseling, especially right counseling is very much important in the school. It is a must. For without it, the students who are experiencing troubles may be knocked-out with the things that they are going through. If it is the scenario in school it is needed to have individuals who are knowledgeable in counseling.

According to Dinkmeyer (1966) as sited by Sampa(2017) counseling is a personal relationship between a professionally trained counselor and someone who aims to assist him to communicate and meet his immediate needs and problems. Thus, counseling may not be done by anyone who have some opinion about a situation, but most of the time, due to absence of trained counselor, teachers most of the time act as counselor to their students. Thus, it is very much essential for teachers to be knowledgeable in the principles of counseling.

In the Disciplines and Ideas in the Applied Social Sciences book published by Rex Bookstore the principles of counseling are the following:
1. **Reassurance**—assurance is very important for a counselee but repeating him again and again that someone is very much interested in the progress that the counselee is having, someone is behind his/her back and is willing to listen will give the counselee reassurance that he/she is on the right track. Right track to face the situation that he/she is in to.

   In school setting, many students need this kind of reassurance that even if the students think nobody is behind his/her back, the school, especially the teacher is there to help him/her. In that case the students may have courage to face the troubles that he/she is in to.

2. **Release of Emotional Tension**—the counselee must be provided with the chance to have emotional release. Just telling their story is one way as it is one of the therapies prescribed by a one of the classic psychologists. This will let the counselee have a good channel to release the stress that is in to them. In that case, the emotional baggage of the counselee will be lightening up.

   In school setting, the teachers must be always ready to be the person where a stressed, depressed or emotionally fed up student may release the tension and storm that are inside them. Thus, it is very much needed for the teacher to be amiable and not intimidating.

3. **Clarified thinking**—after the release of emotional tension, there will be the time when the counselor can help the counselee to be logical. After the emotional tension was released this is the time where the thought of the counselee will be clarified, thus the way of thinking will also be logical and the solutions to the situations will be now objective, the subjectivity of the counselee will be lesser.

   In the school setting, the person who acts as the counselor must lead the student to logical decision making. The counselor or teacher must show the pathway to objectivity in solving the situations. The pros and cons of a scenario must be shown and
let the student think of the solution. The counselor or teacher must also lead the students in eliminating or reducing biases in the decision making.

4. Reorientation—“change.” It is the very evidence of reorientation. Change in decisions, change in thoughts and change in actuation and behavior. These and many more are the evidence of reorientation. But it must be clear that the change that will happen will be for the betterment and not for the worse.

In school setting, reorientation is very much important for it will give the chance to the student who is in trouble to prove him to the others especially to the classmates who misunderstood, to the teachers to may thought the students that he/she may be a hopeless case and to the society that prejudged him or her.

5. Listening Skills—“rapport.” If the listening skill of a counselor is good it may lead to rapport. Where the counselee will become honest to the things that will be shared to the counselor. It will also be the doorway to open communication. Listening attentively will make the way for understanding on both sides.

In school setting, counselors and the teacher whom the students confided must be a good listener and must show interest to the issues that the students are facing for this will lead to careful rationalization of what is the real situation to be faced and what is the real problem to be solved.

It must always be remembered that there must be confidentiality in everything that was said and heard for trust is really hard to be earned.

These are just few of the principles that must not be taken for granted by the counselor and the people who may act as counselors in some instances and it must not be forgotten that counseling, especially, right counseling is a must in school.
References:
