

HOW A COUNSELOR HELPS A STUDENT

Each student has different needs. A counselor tries to help students in the following ways:

1. **Recognize strengths and abilities:** Each of us has strengths as well as limitations. Many young students tend to know their limitations but are unaware of their strengths. They may need assistance in understanding their talents and abilities.
2. **Make appropriate decisions:** A middle school student's world becomes larger than it has previously been. He meets people from a wider sector of society and must make more value judgments and decisions about friends, social functions, classes and extra-curricular activities.
3. **Develop positive attitudes:** Young people can be very hard on themselves. If they have a failing experience, they sometimes need help in "bouncing back" and doing something to revive their self-esteem.
4. **Understand personal problems:** Youngsters need an objective, understanding person to listen to personal problems which may seem overwhelming to them. They need guidance to help with resolving or accepting various situations in their lives.