



Reasons to See Your Counselor

Here are 10 things your counselor can help you with.

1. Your classes

School counselors are experts on what classes are the best fit for you and your goals. If you have questions about which classes to take in the future, or if you think you're in the wrong class now, talk to your counselor.

2. Study tips

If you would like to be more successful in your classes, your counselor can offer helpful suggestions on note taking, managing your time, getting organized, overcoming test anxiety, and more.

3. Planning your future

Your counselor can give you information on different types of careers, help you decide what type of career might be a good fit for you, and help you figure out how you can best prepare for your career.

4. Dealing with stress

Between school, activities, work, sports, and friends, many students today are feeling overwhelmed and stressed out. If this sounds like you, ask your counselor for some suggestions on how you can reduce your stress.

5. College information

If you have questions about college (choosing a college, taking the ACT or SAT, applying to college, paying for college), your counselor can provide you with answers and advice.

6. Bullying

If you're being bullied or know someone who is, your counselor can help see that it stops.

7. Relationship trouble

Whether you're having a hard time with a friend or have questions about a romantic relationship, your counselor is a safe person to talk to.

8. Problems at home

If there are issues at home, your counselor can help you deal with whatever is going on, and if need be, connect you with the right resources.

9. Mental health issues

If you're experiencing (or think you're experiencing) depression, anxiety, suicidal thoughts, or anything that's affecting your mental well-being, your counselor can help you.

10. Anything else that's a concern

If you have a question or a problem, and you don't know who to talk to or what to do, see your counselor. Your counselor will listen, and help you figure out how to deal with whatever concerns or issues you may have.

Reach out to your counselor

While your counselor may schedule a meeting with you from time to time, if you have a question or need help with anything, it's up to you to let your counselor know.

Learn how to make an appointment with your counselor, and don't hesitate to reach out.

Your counselor is there for you!