### The Teacher as a Counsellor



#### What kind of hats do teachers wear?



 Write down all the jobs you think you do as a teacher....

For example:

- Records Keeper
  - keeping records of students' attendance, grades & lesson plans.

Be ready to share your ideas

### Jobs a Teacher does

- Administration Officer
- Examiner
- Record keeper
- Facilitator
- Coach
- Guidance counsellor
- Knowledge specialist
- Technology expert
- Social worker



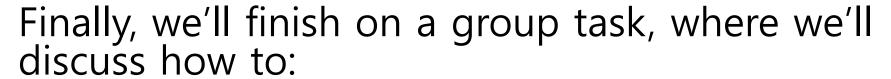
#### The Teacher as a Counsellor

Today, we'll look specifically at:

• the teacher's role as a counsellor.

In particular, we'll talk about:

- "What is counselling?"; and
- "What is a counsellor?"; and then
- "What are the characteristics of a counsellor?".



 incorporate the characteristics of a counsellor into our role as a teacher.





### What is Counselling?

Counselling is a **learning-oriented** process which usually occurs in an interactive relationship where the counsellor expresses care and concern towards the person with a problem. The counsellor's role is that of a guide who helps facilitate that person's personal growth and positive change through self-understanding.

### What is a Counsellor?

- A *counsellor* is a person who provides *counsel* to another person who is usually in some position of need or requires help.
- As a verb, the word counsel can mean:
  - -"to give guidance" or
  - -"to give advice"



#### What is a Counsellor?

- Most counsellor's realize their role is less about giving advice, as advice tends to be ignored, and more about providing guidance.
- A counsellor helps those they are counselling come to their own conclusions about any problems or issues they may be facing, and then may provide suggestions or methods for helping the person with their issues.



# Describing a Counsellor

When you hear the word *counsellor*, what words come to mind?

A counsellor is.....

- Caring
- Kind

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Brainstorm some more ideas to share.

#### Characteristics of a Counsellor

#### A counsellor is....

- kind & caring;
- empathetic & understanding;
- positive & motivating;
- a good listener & communicator;
- trustworthy & reliable;
- self-aware & sensitive to others needs;
- interested in helping others achieve their personal goals & encourages growth;
- a source of information & advice.

## **Group Task**

- Get into small groups of 3-5 people.
- Choose one of the "Characteristics of a Counsellor" (listed on your handout)
- Discuss specific ideas of how you can incorporate one of those characteristics into your role as a teacher.

#### For example: Kind & Caring

- A teacher who is kind and caring:
  - Smiles at students
  - Asks students how they are and takes the time to really listen.
- Be ready to present your ideas to the group.

# **Final Thoughts**

On a final note, I think one of the most important aspects of a teacher as a counsellor is the ability to be **self-aware** and **empathetic**.

**Self-awareness** - reflecting on our actions and making changes to improve ourselves to become better people and better teachers.

**Empathy** – standing in the shoes of our students and seeing our class through their eyes. Remembering what it is like to learn a foreign language how that affected us phyically, mentally and emotionally.

# Thanks for listening!

I hope you are able to take something practical away from this presentation and apply it in your own classroom setting.



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