

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?".



Finally, we'll finish on a group task, where we'll discuss how to:

- 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
-

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 physically, 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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