



# COUNSELING, PSYCHOLOGICAL, & SOCIAL SERVICES



Services provided to improve students' mental, emotional, and social health that include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute to the health of students and to a healthy school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services. <sup>1</sup>

**Counseling, Psychological, and Social Services has a positive impact on student achievement by:**

- Improving academic performance
- Increasing commitment and attachment to school
- Enhancing self-esteem
- Decreasing school misbehavior

## **COMPREHENSIVE INTERVENTION PREVENTS HEALTH RISK BEHAVIORS** <sup>2</sup>

Multi-ethnic elementary students from urban high crime areas were engaged in a combination of teacher training, parent education, and social competence training. When these youth were followed up with at age 18, it was found they were more committed and attached to school, had better academic achievement, and less school misbehavior than their control counterparts. Program participants were also less likely to engage in risky health behaviors such as violent acts, alcohol use, and sexual intercourse.

## **INCREASE IN GPA, SCHOOL BONDING AND SELF ESTEEM** <sup>3</sup>

Students in a semester-long personal growth class received group support and life skills training with the goal of changing personal and social resources, enhancing personal control and self-esteem, weakening bonds with deviant peers and strengthening bonds to school. Enrolled students, whose GPAs were declining prior to the class, experienced an increase in their GPAs across all classes, and showed improved school bonding and self-esteem.

## **ACADEMIC PERFORMANCE IMPROVEMENTS** <sup>4</sup>

An intervention promoting communication between parents and the school enhanced students' academic success. The intervention included planning interviews with teachers and parents, provided educational resources to the families and encouraged family involvement in home learning activities. This collaborative effort created a supportive learning environment both at home and school by providing individualized goals and attention for each student.

## REFERENCES

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- 4 Bowen, N.J. (1999). A role for school social workers in promoting student success through school-family partnerships. Social Work in Education, 21 (1), 34-48.