

# **Counseling Program at St. Matthew Catholic School**

## **Overview**

The Counseling Program at St. Matthew Catholic School follows the Archdiocesan Curriculum for Guidance and implements the Comprehensive Guidance Program for Texas Public Schools. It is made up of four components: Guidance Curriculum, Responsive Services, Individual Planning, and System Support.

The Guidance Curriculum provides guidance content in a systematic way to all students. The purpose is to instill an awareness, skill development, and application of skills needed in everyday life. Specific areas addressed include self – esteem development, motivation to achieve, decision – making, goal setting, planning and problem – solving skills, cross – cultural effectiveness, and responsible behavior.

Individual planning assists students in planning and managing their own development. The purpose is to lead the student to setting goals and planning. Specific goals addressed include educational, career, personal and social. Other areas include self – knowledge and information relative to educational and work opportunities.

Responsive services address the problems and concerns of students. The purpose is to prevent or intervene as appropriate and where possible. Areas addressed include academic success, career exploration, cross – cultural effectiveness, school attendance, educational choices, family, loss, relationships with adults and peers, responsible behavior, self- esteem, stress, substance abuse and suicide.

System support includes program management activities and other indirect services. The purpose is to provide for guidance program delivery and support. Specific areas addressed include guidance program development, counselor's professional development, parent education, teacher/administrator consultation and school improvement planning. Programs supported include regular education, career, testing and at risk.

The Guidance Program is in addition to the Religion, Family Life and Health classes.