



The State of Students Post-COVID

A School Counselor Perspective of What we are Seeing with Students

Hello! I'm Sara

I'm Sara Hoffman, Past President of the Ohio School Counselor Association.

I have 20 years of school counseling experience at the elementary, junior high, and high school counselor.

Washington Local School District





Hello! I'm Laura

Laura Hogue- Advocacy and Outreach Committee Chair

Middle School Counselor at Heskett Middle School

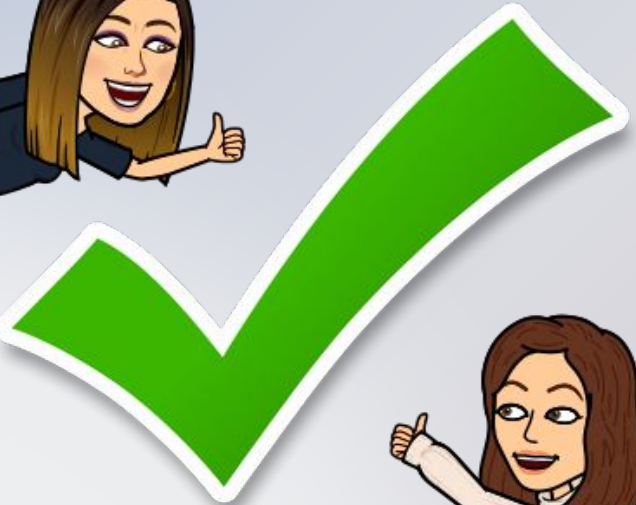
Bedford City School District

11th year as a School Counselor

Coping with Covid



In your opinion, what are the top three tasks of a School Counselor?



The Role of the School Counselor



Academic, College and Career





- Monitor student achievement (goal setting, grades, attendance)
- Help students develop personal goals and plan for their future
- Help students with grades, study skills, and organization



Social and Emotional learning

- Classroom lessons
- Small group Counseling
- Mediation and Conflict resolution
- Social emotional skill building

School Counselor Qualifications

-  Hold, at minimum, a master's degree in school counseling
-  Meet the state certification/licensure standards
-  Fulfill continuing education requirements
-  Uphold ASCA ethical and professional standards



The Role of the School Counselor



Responsive Services

- Individual counseling
- Crisis responsive services



Consultation, Collaboration and Referrals to Community Services

- Refer to mental health services when necessary
- Connect students and families to resources
- Collaborate with parents and staff to support student success





The Last Normal School Year



Current Grade	Last normal school year
12th Grade	9th Grade
11th Grade	8th Grade
10th Grade	7th Grade
9th Grade	6th Grade
8th Grade	5th Grade

Current Grade	Last normal school year
7th Grade	4th Grade
6th Grade	3rd Grade
5th Grade	2nd Grade
4th Grade	1st Grade
3rd Grade	Kindergarten
2nd Grade	Never

What are School Counselors seeing post COVID?

Survey results from School Counselors
across Ohio (November 2021)
552 School Counselors Responded

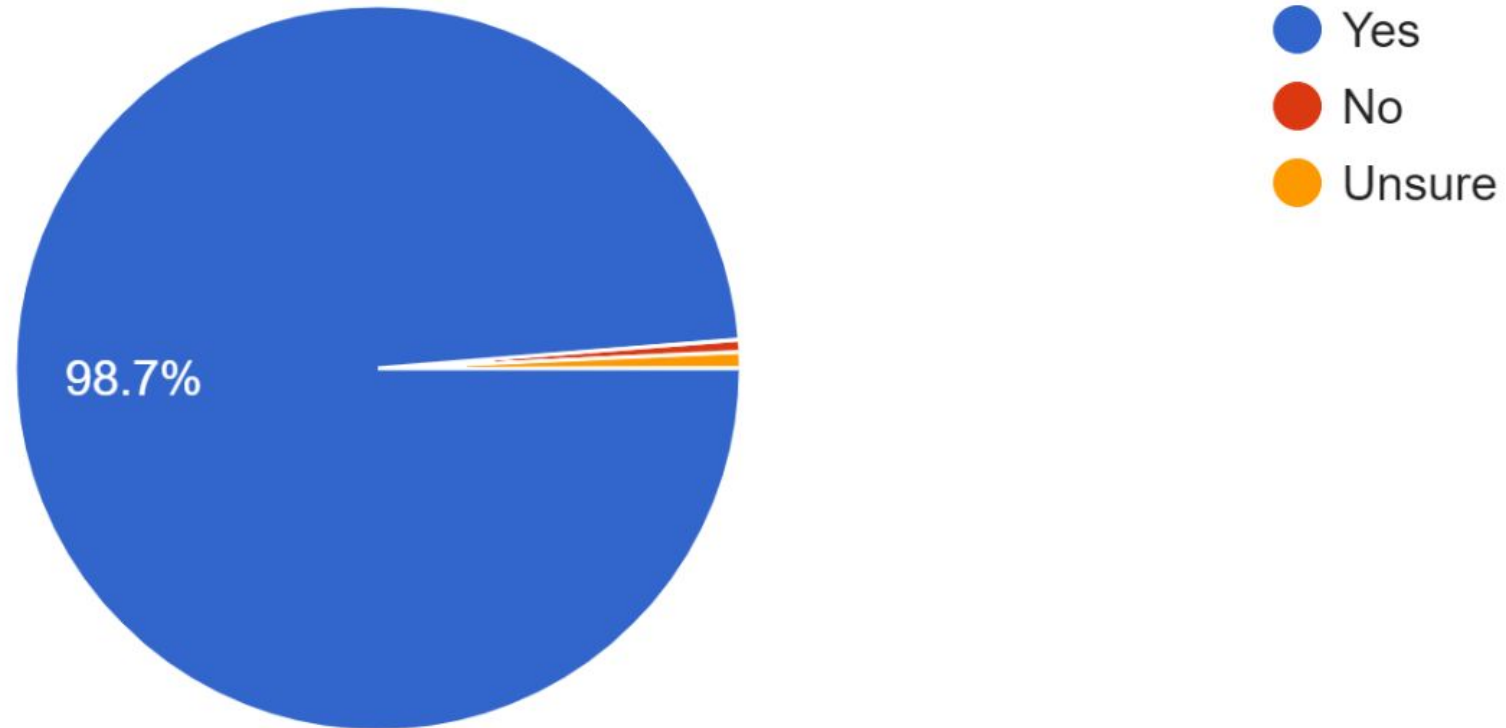


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Are you seeing increased numbers of students with stress/anxiety?

552 responses

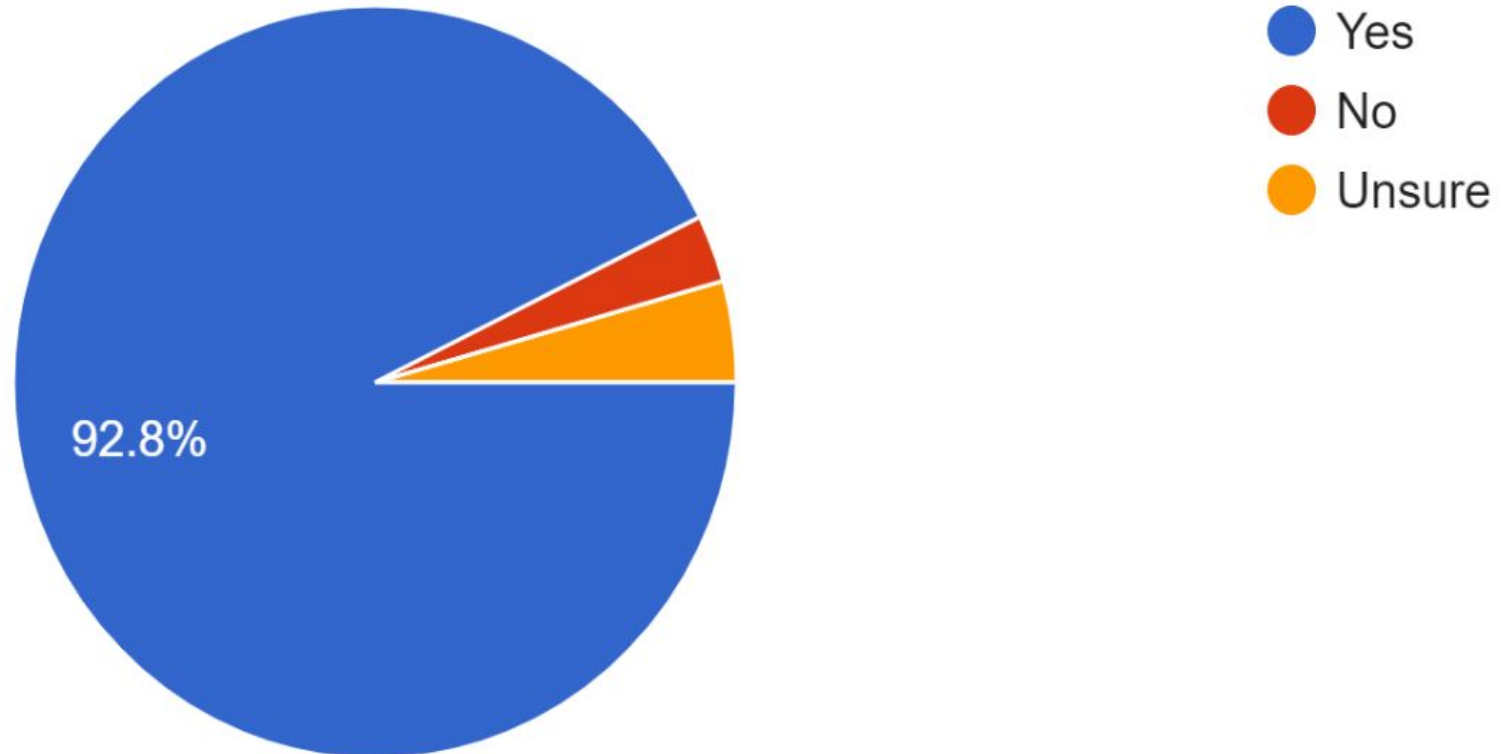


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Are you seeing increased numbers of students with depression?

552 responses

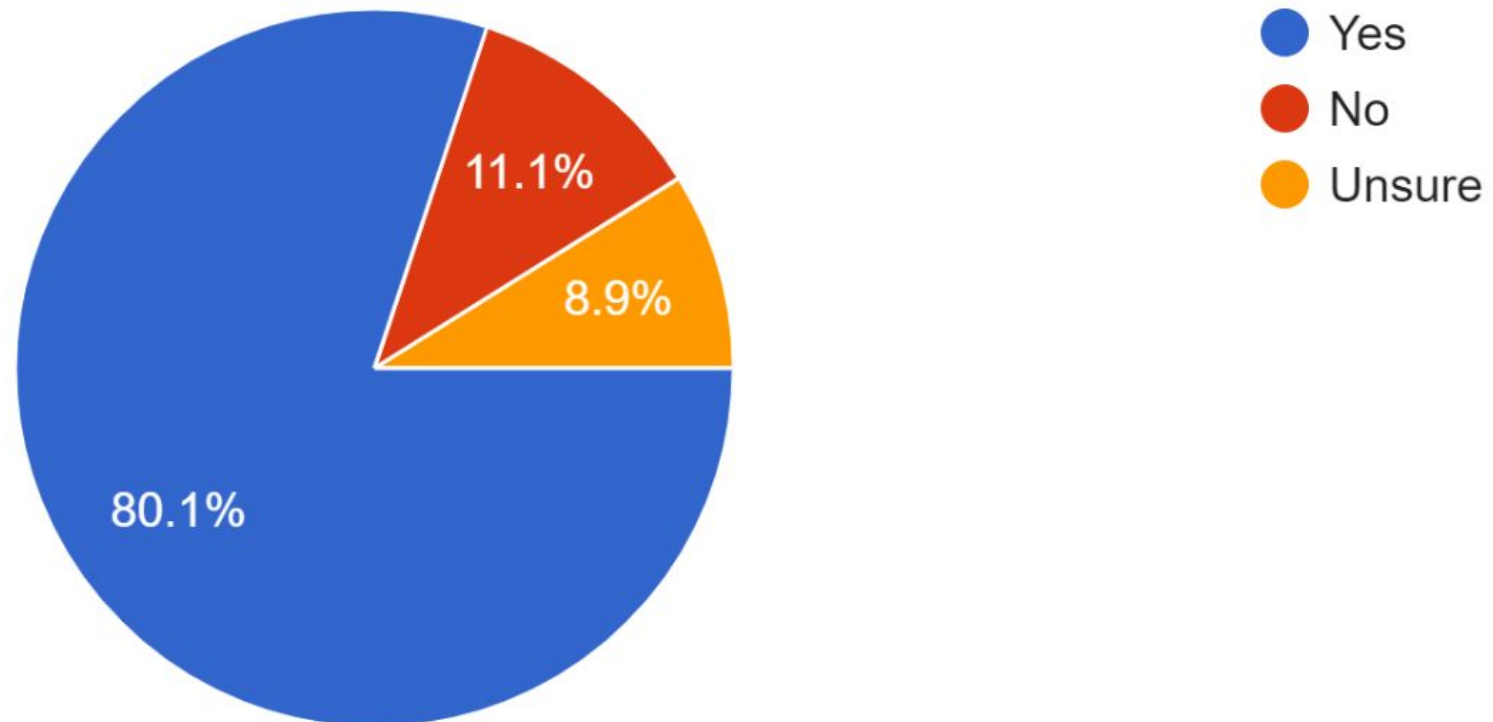


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Are you seeing increased numbers of students with suicidal thoughts?

552 responses

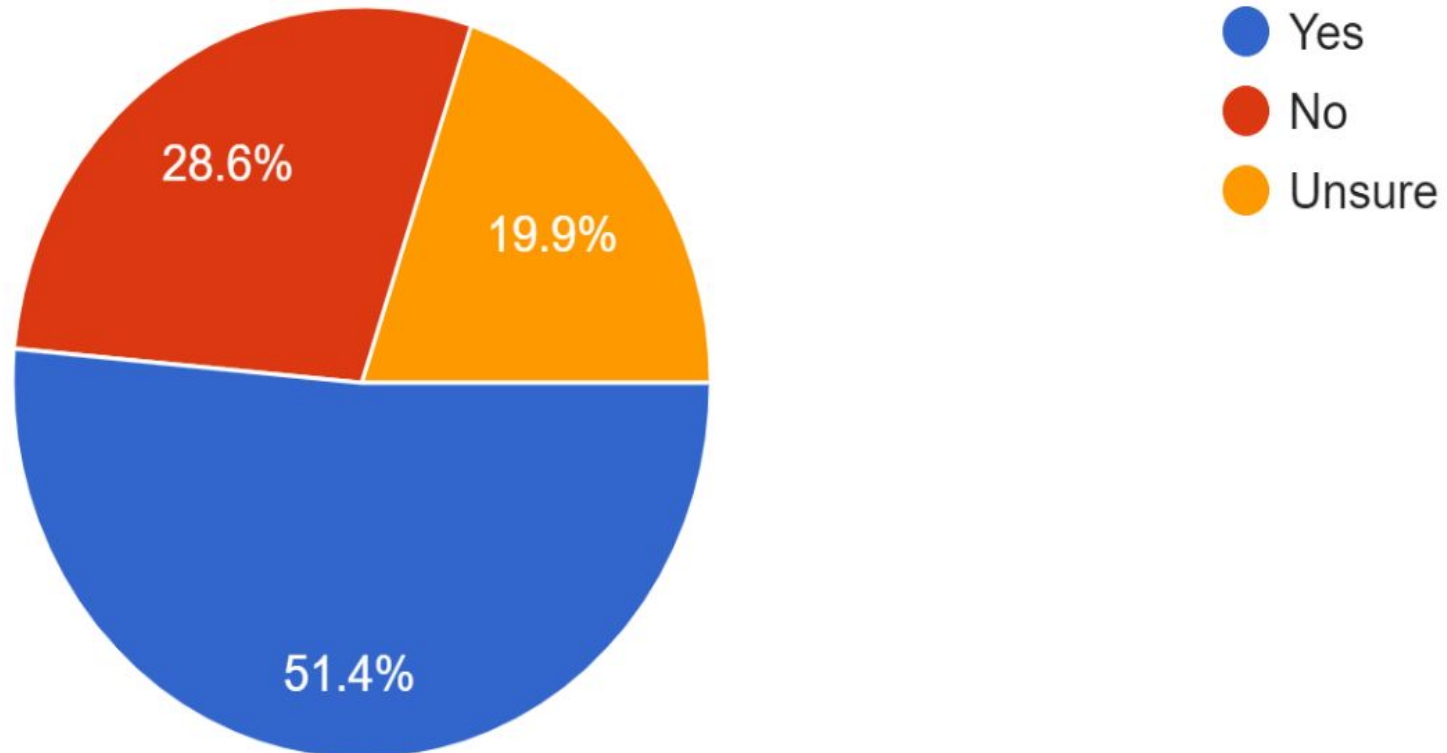


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Are you seeing increased numbers of students with suicide attempts?

552 responses

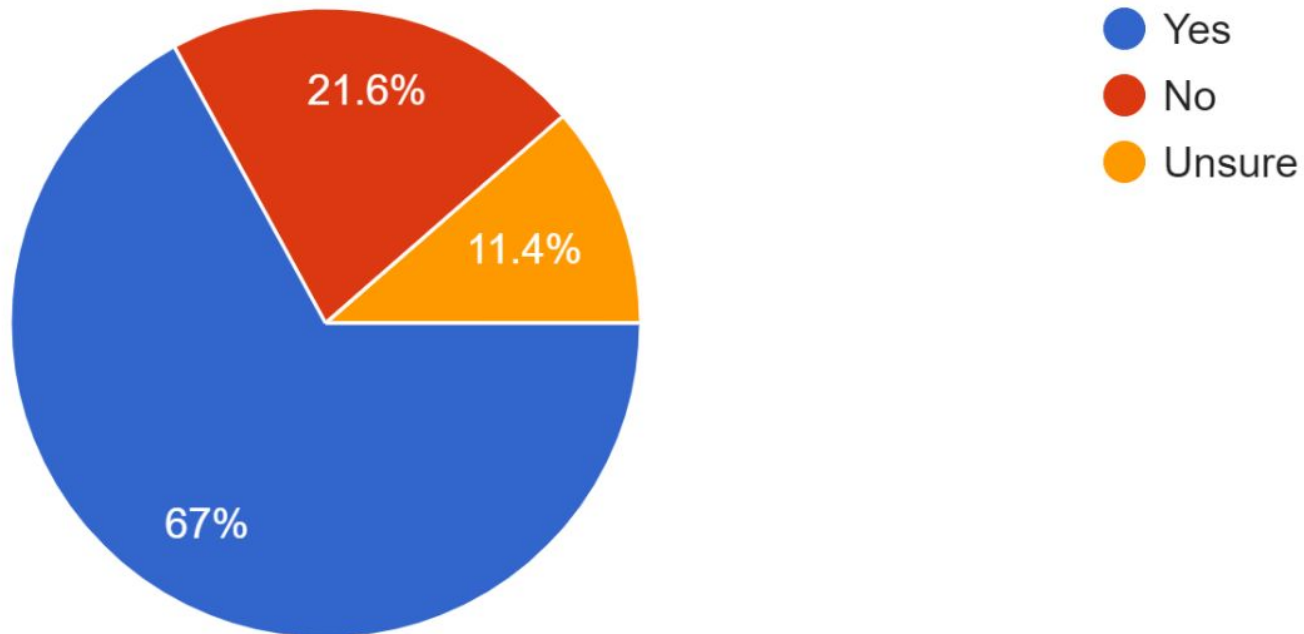


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Are you seeing increased numbers of students in treatment or hospitalized for suicide attempts/thoughts?

552 responses



Pre/Post COVID Impact

Reason	2019	2021	Increase	Percentage
Academic	112	281	169	150.89%
College/Career	21	117	96	457.14%
Social Emotional	50	416	366	732%
TOTALS	183	814	631	344.81%

Data from Cloverleaf High School for September/October

What is your reaction?

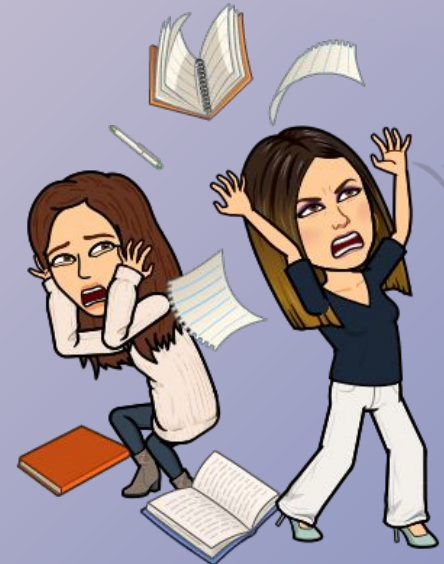
What are you feeling after hearing this data?

How can you support the school counselors in your district?



How This New Reality is Affecting School Counselors

- 🙏 More time spent in responsive services and crisis situations
- 🙏 Working reactively instead of proactively
- 🙏 Other duties (testing, 504 Plans, CCP, etc) are overwhelming with increased student demands
- 🙏 High Student to School Counselor Ratios
- 🙏 Pulled to cover classes due to lack of subs



What's Working?



- ✓ Counselors using restorative practices
- ✓ PBIS
- ✓ Professional Learning Networks (PLN)
- ✓ Trauma Informed Care (Starr Commonwealth)
- ✓ Smaller Caseload



Share a win from your district...



Restorative Practices

- Restorative Circles
 - Builds community
 - Resolve conflicts
 - Repair relationships
- Alternative to Suspension Program



Trauma Informed School

The COR Team (Champions of Resilience) was developed by gathering school psychs and counselors in the district to work on specific Trauma Informed work. This included additional training to become either a practitioner or coach as well as the development of subcommittees including:

- 1.) District training proposal
- 2.) Code of Conduct
- 3.) Tier 2 and Tier 3 behavior training
- 4.) Staff support
- 5.) Caregiver support

How can we support our students?

- More time in direct services (80% of our time)
 - Classroom Lessons
 - Small group counseling
 - Individual Counseling
- Ratio
 - ASCA recommends a 250:1 ratio of students to school counselor



How Can You support Your School Counselors?

- Listen
- Appropriate Professional Development



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The Ohio School Counselor Association empowers, unites and supports professional school counselors in their role of promoting student success.

— OSCA Mission Statement



thank you!

Do you have any questions?

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Resources.

Trauma Informed Care

Restorative Practices



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Sharing is caring!

