

Here are the results from our first Counseling Needs Assessment! I hope to conduct this assessment every few years and use the results to tailor the counseling program so that it reflects the needs of our middle school community. Of course I will always be open to feedback at any point in the year. I truly appreciate those who took a few minutes to share their opinions!

Guidance Lessons

Staff, students and parents were asked which topics they felt would most benefit students in wellness or advisory classes.

Topic	Students (188 responses)	Parents (23 responses)	Staff (15 responses)
Career Development	47%	13%	0%
Leadership	38%	43%	40%
Cyber-Bullying/Safety	13%	35%	27%
Conflict Resolution	30%	not on form	47%
Stress Management	44%	57%	40%
Bullying	21%	26%	40%
Respect for Diversity	9%	26%	not on form
Service Learning	28%	22%	not on form
Self-Esteem	0.5%	39%	40%
Time Management	3%	57%	13%
Organization/Study Skills	0.5%	52%	40%
Perseverance	not on form	43%	7%
Dating (write-in)	0.5%	4%	

Additional Counseling Support

Students, staff and parents were asked about which areas they felt there was a need for counseling support outside of classroom guidance lessons.

Each questionnaire was slightly different so responses are by presented by the group that answered.

Students were asked if they were able to participate in a counseling group, which would they choose:

Boys Leadership - 22 students	Friendship - 31 students
Divorce/Separation - 5 students	Body Image/Self-Esteem - 29 students
Coping with Anger - 9 students	Girls Leadership - 19 students
Grief/Loss - 2 students	Another group (not specified) - 24 students
No desire to be in a group - 46 students	

Staff was asked which counseling groups they saw a need for:

Girls Friendship - 73%	Boys Friendship - 22%
Girls and Conflict - 67%	Organization and Study Skills - 13%
Leadership - 53%	Anger Management - 7%
Divorce - 13%	Grief - 7%

Parents were asked about the areas they felt there was a need for additional counseling support based on what they observed with their own child or their child's peers:

Substance Abuse/Risky Behavior - 48%	Body Image - 48%
Anxiety - 70%	Making and Keeping friends - 87%
Divorce/Separation - 17%	Grief/Loss - 17%
Self-harm - 9%	Write-ins: Bullying, Cyber Safety, Peer Pressure, Being a new student

When counseling groups should occur

This question was posed to staff only.

80% - during +period	53% - during advisory	13% - after school
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Staff was asked to give input on mental health concerns observed in the classroom:

Percentages indicate the percentage of staff who reported seeing this concern in their classroom

Anxiety - 80%	Low Self-Esteem - 27%
Body Image - 13%	Hyperactivity - 27%
Unhealthy Competition - 20%	Lack of focus - 33%

Excessive fatigue - 13%
Withdrawn - 13%
Aggression - 0%

Bullying behavior - 13%
Self-harm - 0%

Individual Planning Opportunities

Parents and students were asked to weigh-in on their opinion of individual counseling sessions with the counselor for academics/career, in addition to One-on-Ones in advisory:

	1 - Not helpful, redundant	2	3 - Neutral or Undecided	4	5 - Very helpful
Parents	4%	4%	22%	30%	43%
Students	14%	23%	31%	20%	14%

Parent Communication from Counselor

Parents were asked about their preferred method to receive communication from the counselor:

Counseling Blog - 70%
Counselor attending Parent meetings - 9%

Email - 83%

Parent Newsletter - 22%
From advisors - 17%