

Questions to Ask Your School Counsellor

Talking to a school counsellor may be one of the best places to start as you begin trying to understand your child and new behaviours they are exhibiting. Whether you believe your child may have a mental illness (e.g. anxiety) or may simply be going through a difficult time at school, your school counsellor is a fountain of information and support for you and your child.

Typically, you will need to schedule a meeting with your school counsellor.

Phone your school's office and ask to schedule an appointment.

Once the appointment is scheduled, start writing out a list of questions you would like to have answered or information you feel would be helpful to the counsellor to better understand your concerns about your child.

Here are a few ideas to help get you started:

For you to answer:

- What behaviour have you noticed that is most concerning to you about your child?
- How long has this behaviour been going on?
- Has there been any major changes in your child's life?
- What examples can you provide to help explain what is going on with your child?
- What is your goal with having your child speak with a counsellor?

For you to ask your counsellor:

- What is your overall approach to working with students with respect to social and emotional support?
- What are you able to do and what are you not able to do?
- Are there any resources you can provide to help me learn more about what my child may be going through?
- What are the short and long-term courses of my child's problem?
- How will you monitor progress over time?
- How often will I hear from you about my child?
- What will your sessions typically look like?
- How often will you see my child?
- Will you share information from your sessions with my child with me?
- What are you not permitted to do with respect to treating my child?