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This poster showcases the clinical experiences of Isabella Albergo, a graduate student pursuing a Master of Science in Education in School Counseling at Monmouth University, with anticipated completion in December of 2026.

Overview

Being a School Counselor

School counselors develop and implement counseling programs that enhance student outcomes, advocating and collaborating to ensure equity while aligning their work with the school's academic mission (ASCA, 2023).

As a school counseling intern, support was provided to site supervisors in K-8 settings through a range of responsibilities.

Individual and group counseling services were provided, classroom lessons focused on social-emotional skills were facilitated, and collaboration with faculty, parents, and students supported student success.

Field Experiences

Clifton T. Barkalow Middle School,
Freehold, NJ

- Grades: 6th - 8th
- Practicum: 100 hours
- Term: Fall semester of 2025

Milford Brook School, Manalapan, NJ

- Grades: K - 5th
- Internship I: 50 hours
- Term: Spring semester of 2026

Pine Brook School, Manalapan, NJ

- Grades: 6th
- Internship I: 250 hours
- Term: Spring semester of 2026

Reflections: Personal and Professional Growth

Personal Reflection

These internship experiences have fostered the skills to build confidence, become comfortable being uncomfortable, and learn from mistakes. The power and benefit of reflection have been vital as an emerging professional. Welcoming these skills embraces what it means to be a school counselor.

Professional Reflection

Working under multiple on-site supervisors provides diverse learning opportunities and exposure to a range of counseling approaches and perspectives in decision-making. These experiences contribute to the development of professional judgment and counseling skills.

Learning from different supervisory styles also offers valuable insight into effective collaboration, communication, and problem-solving within school settings. Additionally, self-advocacy plays an important role in fostering meaningful contributions and creating a positive impact within the internship sites.



Field Experience Highlights

- ✓ Led Anxiety, Self-Esteem, and Social Skills small counseling groups for 6th graders
- ✓ Facilitated social-emotional learning classroom lessons for all students
- ✓ Provided individual counseling interventions for various presenting concerns
- ✓ Revised and implemented 504 plans involving teacher and parent meetings
- ✓ Conducted Harassment, Intimidation, and Bullying investigations, followed by individualized guided counseling sessions to promote reflection
- ✓ Participated in student support meetings to develop intervention strategies for academic and behavioral success

Conclusions

Key Takeaways to Bring Forward

- **Reflection is key.** Continue to reflect on experiences.
- **Embrace self-care.** Self-care is vital to preventing burnout.
- **Be open-minded.** Always be willing to learn and stay current on research findings.
- **The power of unconditional positive regard.** Remaining unbiased towards students strengthens the therapeutic relationship.

Suggested Readings

- "Transformational Learning Experiencing: A Conversation with Counselors about Their Personal and Professional Developmental Journeys"
- Chapter 9: *Embracing the Dark* by Laura Thompson
 - Chapter 12: *Confronting the Impostor* by Shaywana Harris

Reference

American School Counselor Association. (2023). School counselor roles & ratios. <https://www.schoolcounselor.org/About-School-Counseling/School-Counselor-Roles-Ratios>