

Educational Counseling Field Experiences

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THIS POSTER PRESENTS A HIGH SCHOOL COUNSELING INTERNSHIP EXPERIENCE FOCUSED ON UNDERSTANDING HOW COMPREHENSIVE SCHOOL COUNSELING PROGRAMS FUNCTION IN THE REAL WORLD. REFLECTIONS SHOW THAT COUNSELING AT THE HIGH SCHOOL LEVEL IS LARGELY RESPONSIVE AND RELATIONSHIP-DRIVEN.

Introduction

This semester I am a school counseling intern at Middletown High School North. Being there 4x a week I have become a member of the guidance department that aims to advocate and support their students. This experience represents the transformation of taking what I have learned in the classroom and applying it to real life scenarios. Through my internship (and practicum) experience, I found that accessibility and relationship-building were the main priorities when it comes to student engagement.

Field Experience

Placements

- Middletown High School North
 - Fall 2025 (Practicum)
 - Spring 2026 (Internship 1)
 - Grades 9-12
 - Middletown, NJ

Experience:

- Withheld my own case load of 15 students
- individual counseling, college and career planning, crisis response, parent and administrative collaboration, and academic scheduling.

Reflections of Experience

Through my Practicum and Internship 1 experiences, I have developed a clearer understanding of the multifaceted role of a school counselor. I have learned that effective counseling in schools extends beyond individual sessions and includes collaboration, advocacy, crisis response, and systems-level thinking.

Some of my most significant learning experiences include:

- **Building therapeutic rapport with adolescents** by using developmentally appropriate language, active listening, and strengths-based approaches
- **Facilitating individual counseling** with increasing confidence and promoting emotional safety
- **Understanding the importance of identity and context**, including how all aspects of one's identity and school climate can shape experiences and access
- **Strengthening collaboration skills** by consulting with other counselors, teachers, admin, and parents
- **Developing crisis response awareness** including mandated reporting, documentation practices, and ethical decision making.

Questions?

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Future Goals

As I continue my professional development, I hope to gain:

- Increased experience leading structured psycho-educational and emotional support small groups independently
- Greater confidence in data collection and using outcome data to inform intervention as well as interactions with family/parents.
- More exposure to crisis intervention and safety planning
- Deeper practice in advocacy work, particularly related to equity and school climate

Conclusion

My field experience has solidified my commitment to the profession of school counseling and deepened my understanding of its complexity and impact. My experience in Internship 1 has allowed me to move from theory to practice, strengthening both my clinical skills and professional identity.

While I understand that I am still learning and developing as a counselor, these experiences have increased my confidence, self-awareness, and strengthened my intention in supporting students. I am leaving this phase of field experience with a strong foundation and a clear commitment to student-centered advocacy.