

# School Counseling Field Experiences



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This poster highlights my experience and key learning outcomes from my internship placements, showcasing practical skills, professional growth, and insights gained in a clinical setting.

## Background

### My Role

As a school counseling intern, I have provided support to middle and high school students by helping them strengthen their organizational skills, explore post-secondary options, and address academic and personal concerns. Through these experiences, I have begun to understand that school counselors “have a primary obligation to students, who are to be treated with dignity and respect as unique individuals” (ASCA, 2019, p. 15). This role emphasizes the responsibility of school counselors to support the whole student and promote academic and career growth.

### Field Experiences

- Memorial Middle School
  - Fall 2025 (Practicum)
    - 100 hours (40 direct; 60 indirect)
  - Grade 7
  - Point Pleasant, NJ
- Brick Township High School
  - Spring 2026 (Internship 1)
    - 300 hours (120 direct; 180 indirect)
  - Grades 9–12 (last names De-I)
  - Brick Township, NJ

## Reflection and Projects

### Counseling Approach

As a future school counselor, I believe it is essential to observe the work of experienced counselors while continuously reflecting on and improving my own practice. My counseling approach is student-centered, emphasizing trust, empathy, and communication as core elements that support students not only as learners but also as individuals.

It is important to take the time to get to know students personally to understand their unique needs, goals, and cultural backgrounds (ASCA, 2019). By building these connections, trust is established and allows a more holistic approach. This is essential when advocating and promoting social justice in schools. It supports the idea that all students should have access to the support and opportunities they need to thrive in and out of school.

### Projects

- Created an individualized homework and organization tracker for students with ADHD.
- Assisted high school students in exploring post-secondary options, and setting appropriate academic/career goals.
- Conducted individual counseling sessions to support student scheduling and entered data into Genesis.

### What I've Learned

- Gained experience with crisis response, risk assessments, and supporting students experiencing difficulties.
- Learned the importance of collaborating with all school staff to support student success.
- Developed practical skills like scheduling in Genesis, inputting data in Google Sheets, and creating individualized supports.
- Recognized the need for self-care to maintain effectiveness and resilience as a counselor.

### Moving Forward

Having only one semester left of the program, I look forward to creating meaningful connections with students and other school counselors. I hope to engage in more projects, including social-emotional learning lessons and group sessions. I hope to gain a deeper understanding of how to support the diverse academic, social, and emotional needs of all students. I also aim to become more comfortable advocating for social justice in schools.

## Conclusion

### Key Takeaways

These internship experiences have shown me that being a school counselor is more than academic guidance; it is about listening, connecting, and understanding each student as a whole person. I am looking forward to new opportunities to grow and deepen my understanding of working in this field.

### Future Plans

I look forward to continuing my work with students of different age groups to gain a better understanding of how counseling approaches differ based on students' developmental stages. These experiences will help me further develop my skills and support students' academic, social, and emotional needs. I also hope that working with elementary and high school students will help me determine which age group I am most interested in supporting in the future.

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### References

ASCA National Model: A Framework for School Counseling Programs (4th ed.). (2019). American School Counselor Association

### Contact

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