

Academic counselling

Elements of a counselling session

Working together to transform educational outcomes for our students

- Begin in a positive way
- Set the agenda - purpose and content
- Gathered data prior to the meeting to share
- Encourage self assessment
- Listen carefully / reflectively
- Neutral response to possible conflicts
- Re establish focus when necessary
- Encourage self-management
- Address pastoral issues only in regard to academic performance
- Encourage high expectation in achievement goals
- Encourage self monitoring of student progress
- Feed-forward into long term goals
- Check current pathways match goals
- Emphasize importance of suggested interventions
- Take a leadership role by giving explicit instructions
- Review discussion confirming decisions made
- Conclude positively