

How does the school counselor of 20 years ago compare to the school counselor of today?

Then

Title was "Guidance Counselor."

Professional School Counselor

Title is "Professional School Counselor."

Now

Then

School counseling programs revolved around the interests/expertise of the individual counselor.



School counseling programs are developed from a foundation of data.

School counselors graduated from various programs that required 36–39 credit hours and usually one clinical experience of 100–150 hours.



Most school counselors hold a Master's Degree in School Counseling, (requiring 48–60 credits), and have more clinical experience (150–700 hours).

Now

Almost all counseling took place individually in the counselor's office.



Counselors are fully integrated into the natural flow of the school day.

Then

Most school counselors were in high schools and middle schools.



Today's model recommends multiple counselors in every middle school and high school and at least one counselor in every elementary school.

Now

Caseloads varied between 250–600 students.

Then



Secondary schools strive for a caseload of 250–350 while elementary school caseloads continue to be much higher.

Now

A small percentage of students were identified as having special needs and acute mental health issues.



Counselors address the needs of all students and are responsible for assisting with increasingly complex social challenges.

School counselors at the secondary level were involved in postsecondary planning.



All school counseling programs address equity and access issues—counselors help students with career planning and beyond.

