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

**Title**
- Then: "Guidance Counselor."
- Now: "Professional School Counselor."

**School Counseling Programs**
- Then: Revolved around the interests/expertise of the individual counselor.
- Now: Developed from a foundation of data.

**School Counselors Graduation**
- Then: Graduated from various programs that required 36–39 credit hours and usually one clinical experience of 100–150 hours.
- Now: Most school counselors hold a Master's Degree in School Counseling, (requiring 48–60 credits), and have more clinical experience (150–700 hours).

**Counseling Environment**
- Then: Almost all counseling took place individually in the counselor's office.
- Now: Counselors are fully integrated into the natural flow of the school day.

**School Counseling Levels**
- Then: Most school counselors were in high schools and middle schools.
- Now: Today's model recommends multiple counselors in every middle school and high school and at least one counselor in every elementary school.

**Caseloads**
- Then: Caseloads varied between 250–600 students.
- Now: Secondary schools strive for a caseload of 250–350 while elementary school caseloads continue to be much higher.

**Student Needs**
- Then: A small percentage of students were identified as having special needs and acute mental health issues.
- Now: Counselors address the needs of all students and are responsible for assisting with increasingly complex social challenges.

**Postsecondary Planning**
- Then: School counselors at the secondary level were involved in postsecondary planning.
- Now: All school counseling programs address equity and access issues—counselors help students with career planning and beyond.

*American Counseling Association*