

## **Counselling and Guidance committee**

The counseling team places great emphasis on individual care and does not give up on any student. At the same time, we believe that "young people in the process of growth undergo changes in physical, psychological, interpersonal, social status, and intellectual aspects. Faced with various changes, they often feel at a loss due to lack of experience and immature thinking. On the other hand, young people have a desire for knowledge, potential for development, and motivation to complete tasks, but unfortunately, they have not been able to gradually tap into their potential, causing their emotions, interests, attitudes, etc. to not progress in tandem. Therefore, the counseling team hopes to enable students to grow in the right direction in a healthy environment, help students sort out their experiences, feelings, and insights, and make wise choices, learn to deal with crises and solve difficulties." (Brammer, L.M., 1993)

### **Features:**

- Emphasis on individual care, providing case referral and counseling follow-up for students in need.
- Providing support tailored to the growth needs of different levels (such as adapting, making friends, setting goals in junior high; pursuing dreams, handling pressure in high school), and offering individual and focused care as needed.
- Providing different student counseling services with preventive, developmental, and therapeutic aspects.
- Training of a peer support team.
- Emphasis on collaboration with the SEN team for support.

Excellent traditions:

- Mutual appreciation, growing together.
- Taking care of different needs from the heart, providing individual care.

The counseling team pays attention to and has a deep understanding of positive education.

- At the same time, we encourage and teach students how to positively cope with different pressures in life, balance their lives, positively deal with the confusion of growth, and offer different small group counseling services, such as stress reduction groups, positive socialization and re-adaptation groups, etc., in order to strengthen students' personal and community experiences, cultivate their resilience, and face future challenges.

The counseling team strives to build a harmonious campus and pays attention to and deeply understands positive education.

- Collaborating with the school's development, we aim to build a caring and harmonious campus, strengthen the culture of mutual tolerance among teachers, students, and peers, and appreciate each other's growth. Our school provides many preventive student counseling services (such as teacher-student kitchen, good deeds, let's relax, failure week, and song request activities), combined with remedial student counseling services such as individual case counseling and group counseling, such as the Chinese-Hong Kong adaptation group, stress reduction group, anti-addiction group, socialization

group, etc., in order to strengthen students' personal and community experiences, cultivate their resilience, and deepen the harmonious atmosphere.

**Responding to areas of concern:**

Collaborating across teams to build a positive campus culture, experience success, and live a meaningful life.

- Establishing a positive campus culture.
- Continuously cultivating positive thinking and emotions.

Leading the seven core values to help students have correct life values and inner psychological strength, embrace hope, and face a positive life. These values include "patience," "hope," "perseverance," and "spiritual growth."

**Counseling activities:**

Let's Relax stress relief booth during lunchtime

Tabletop game flash group during lunchtime

Counseling song request during lunchtime

Counseling Week: Nov 14-18

Exhibition of our class's work

Guess the teacher's catchphrase

Campus trivia

Campus mystery corners

Adaptation activities for first-year students in September

Senior students teaching tie-tying skills in November for first-year students

Peer support class for first-year students in October and May

Senior students giving warm gifts to fifth and sixth-year students in September, December, and February during assembly.

**Various adaptation counseling groups:**

Adaptation group for new first-year students in Hong Kong

Social skills group for junior high school students

"Get Moving" physical and mental health group for third-year students

Sand painting/harmonious pastel stress reduction workshop for high school students.