



Hi there, I'm **Ashley**
I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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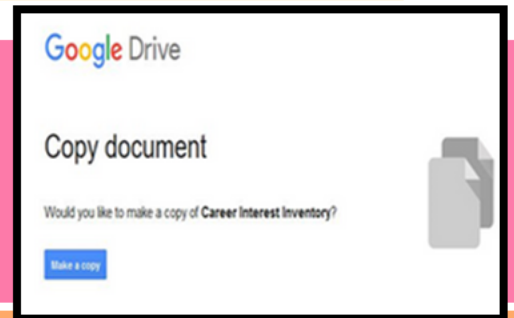
Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: [Counselor Myths vs Facts](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



SCHOOL COUNSELING

MYTH OR FACT?

Session Objective:

*Students will identify common myths about school counseling and replace them with accurate facts in order to better understand the role of the school counselor and feel more comfortable seeking support at school.

Materials:

- Handouts & PowerPoint
- Pencils, crayons.
- Scissors and glue or tape.

Guiding Questions:

- *What do school counselors do?
- *What do school counselors help students with?

Session Details

- *Ask: "What do you think a school counselor does?" Introduce the words MYTH and FACT using simple examples. Explain that today's lesson will help clear up confusion about school counseling.
- *Use slides to present one myth at a time. Pause after each myth to ask students to guess. Reveal the fact and briefly discuss. Reinforce key messages: Counselors help all students, talking is brave, feelings matter.
- *After the PowerPoint, choose one or more activities:
 - Myth or Fact chart: (pages 5-6) Determine which are counselor myths and facts.
 - Myths to Facts: (pages 7-8) change common counselor myths to facts.
 - A school counselor can help with: (page 9) about what a counselor does/does not do.
 - Coloring Pages: (pages 10-11) Perfect for Prek-1st.
 - About my School Counselor (pages 12-13) Students complete about their counselor.
 - How a Counselor helps (page 14): Draw and write activity.
 - School Counseling Fact and Myth note-taking (p. 15, use with PowerPoint)
 - School Counseling Myth vs Fact sorting activity (pages 17-20). This can be done as a whole group, a small group, or individually. Have the students cut out the sorting cards, and glue/tape the facts or myths to the appropriate labeled folder.
 - Use the posters and writing activity to make a bulletin board and reinforce the learning.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
Sense of belonging in the school environment (M 3)
- *Behavior: Social Skills: Create positive and supportive relationships with other students and adults. (B-SS 2)
Social Skills: Positive relationships with adults to support success (B-SS 3)

SEL Competencies:

- *Self-Management: Stress Management.
- *Social Awareness: Respect for others.
- *Relationship Skills: Communication.
- *Responsible Decision-Making: Identifying problems, Analyzing situations, Solving Problems.

ACTIVITIES AND COLORING SHEETS



SCHOOL COUNSELING

MYTH OR FACT?

Read each statement. Put a check mark if it is a MYTH or a FACT.

MYTH

FACT

School counselors help all students.		
Only students in trouble see the school counselor.		
School counselors can help with feelings and friendships.		
Talking to a counselor is a sign of weakness.		
Counselors care about more than just grades.		
School counselors help students learn coping skills.		
You have to be in big trouble to talk to the counselor.		
Talking to a counselor means something is wrong with you.		



SCHOOL COUNSELING

MYTH OR FACT?

Read each statement. Put a check mark if it is a MYTH or a FACT.

MYTH

FACT

School counselors help with friendship problems.

School counselors care about how students feel at school.

Only adults are allowed to ask the counselor for help.

A counselor can help you figure out what to do when you're stuck.

School counselors can help students learn how to calm down.

If you talk to a counselor, everyone will know your business.

School counselors want students to feel safe and supported.

Only some students are allowed to talk to the school counselor.



SCHOOL COUNSELING MYTHS TO FACTS



Rewrite each myth into a fact.

MYTH: Only kids in trouble see the Counselor.

FACT

MYTH: Talking to a counselor means I'm weak.

FACT

MYTH: Counselors only care about grades.

FACT

MYTH: My problems aren't big enough.

FACT



SCHOOL COUNSELING MYTHS TO FACTS

Rewrite each myth into a fact.



MYTH: The Counselor will get me in trouble.

FACT

MYTH: Only teachers can send students to the counselor.

FACT

MYTH: Counselors only meet with students one-on-one.

FACT

MYTH: Talking to a counselor means something is wrong with you.

FACT

MY SCHOOL COUNSELOR CAN HELP WITH...

Draw a line to the counselor if it is something you should talk to the counselor about.



You are feeling sad, mad, or worried.

You lost your pencil.

You are having a conflict.

You forgot your homework.

You feel unsafe.

Need help with an assignment.

Small classroom issue.

Feel stressed or overwhelmed.

Need help calming down.

Are going through a big change.

Feel left out or lonely.

SCHOOL COUNSELING FACTS

Color the Counseling facts.



School Counselors Listen.



School Counselors are safe adults.



School Counselors teach life skills.



School Counselors are here for everyone.

SCHOOL COUNSELORS HELP

Color how a counselor helps.



Help kids with feelings.



Help friends get along.



Teach calming strategies.



Help kids solve problems.

MY SCHOOL COUNSELOR

My School Counselor's name is:

My School Counselor helps with:

Facts about my School Counselor:

My School Counselor looks like this.

This is how I can reach my School Counselor:

MY SCHOOL COUNSELORS

My School Counselors' names are:

My School Counselors help with:

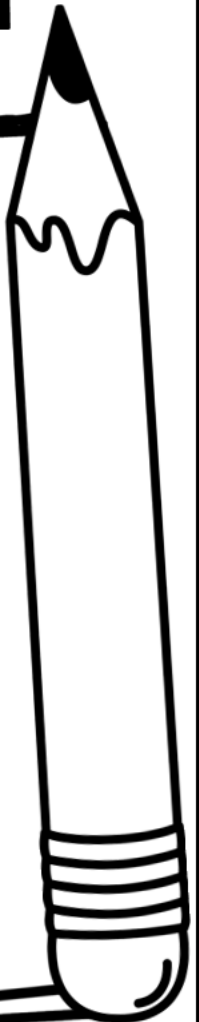
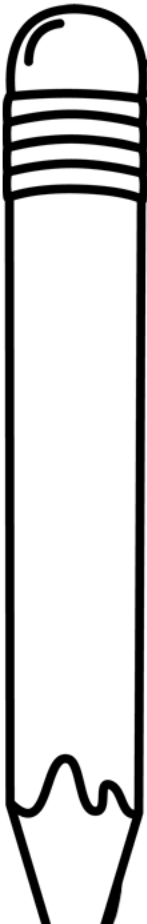
Facts about my School Counselors:

My School Counselors look like this.

This is how I can reach my School Counselors:

SCHOOL COUNSELORS HELP

Draw how a counselor helps.



A school counselor helps me feel:



I can talk to the counselor when I feel:

SCHOOL COUNSELLING

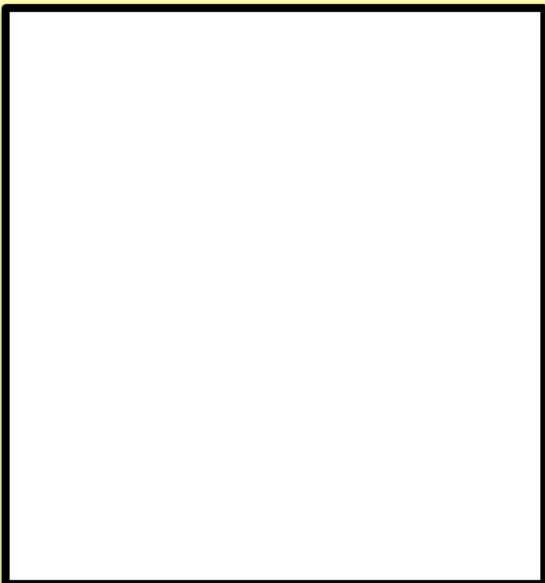
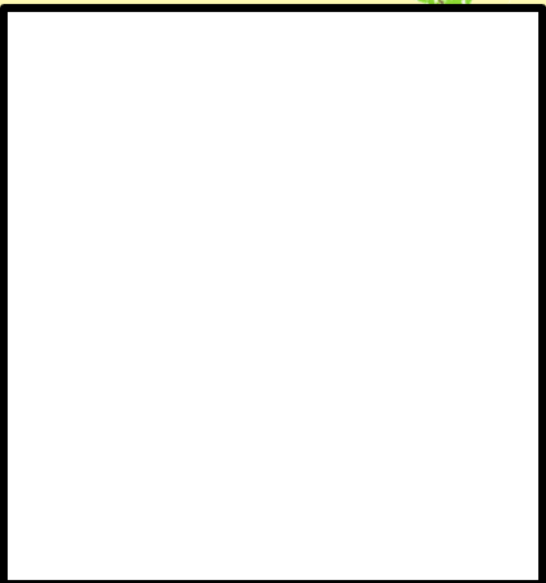
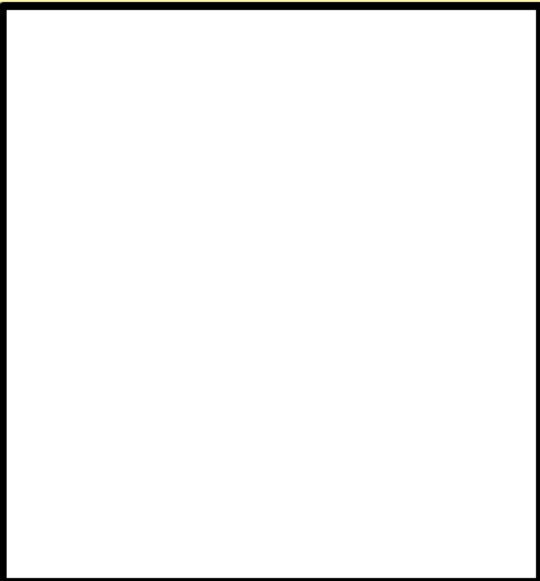
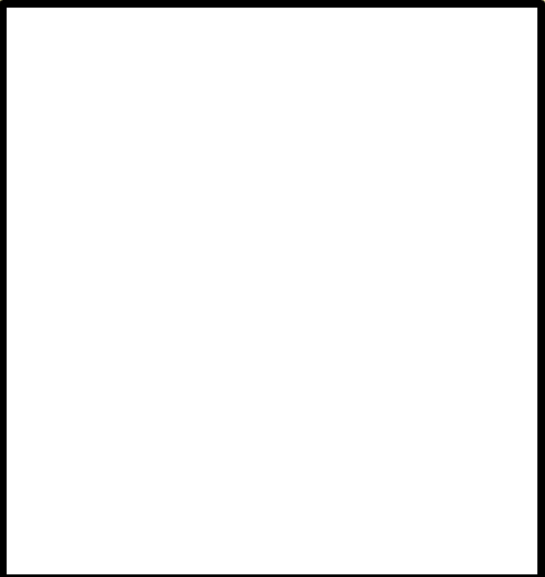
FACT

MYTH

SORTING ACTIVITY

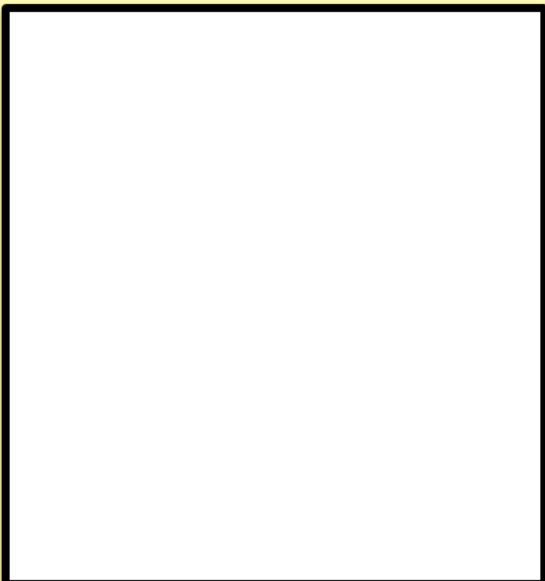
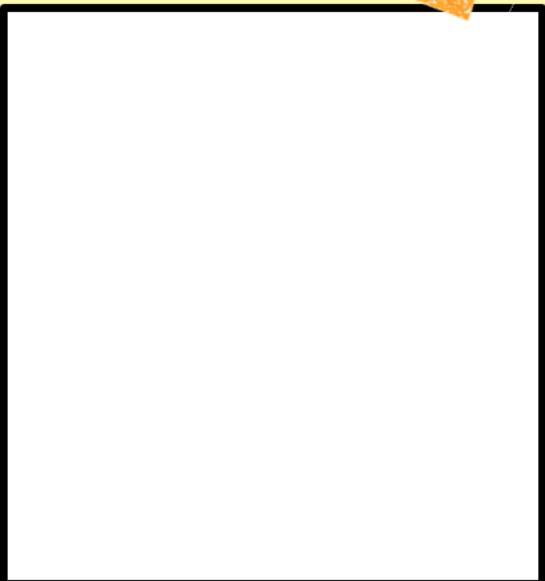
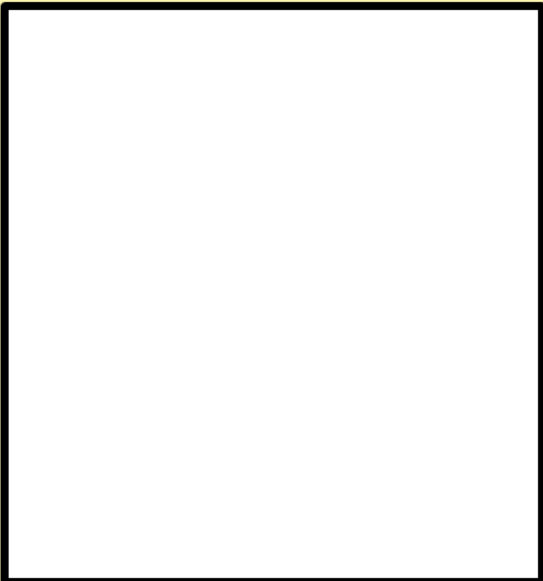
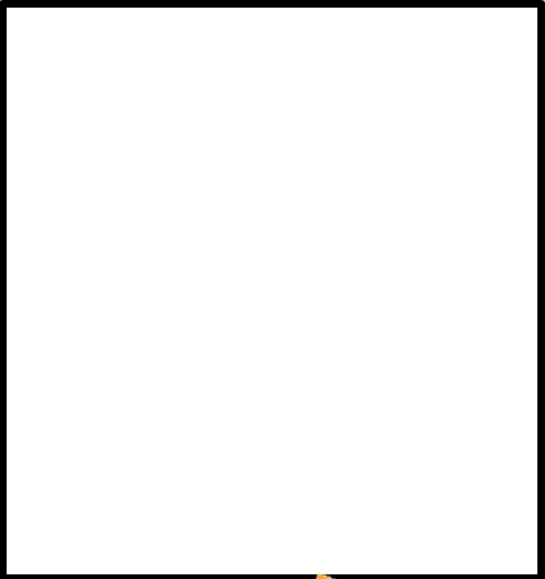
SCHOOL COUNSELLING

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SCHOOL COUNSELLING

MYTH





Only help certain students.



Teach calming strategies.



Only care about grades.



Help friends get along.



Get kids into trouble.



Help kids solve problems.



There to punish.



Help kids with feelings.

**POSTERS
& BULLETIN BOARD
ELEMENTS**

SCHOOL COUNSELLING

MYTH OR **FACT**?

SCHOOL COUNSELLING MYTH OR FACT?



WHAT DOES A SCHOOL COUNSELOR DO?



A school counselor is a trusted adult at school who

helps students with:

- Feelings and emotions
- Friendships and peer problems
- School success and organization
- Big changes or worries
- Staying safe and making good choices

YOU MIGHT SEE THE COUNSELOR IF YOU:

-Need help coping/calming down

-Feel sad, angry, overwhelmed

-Feel stressed or worried

-Have a friendship problem

-Need help setting goals

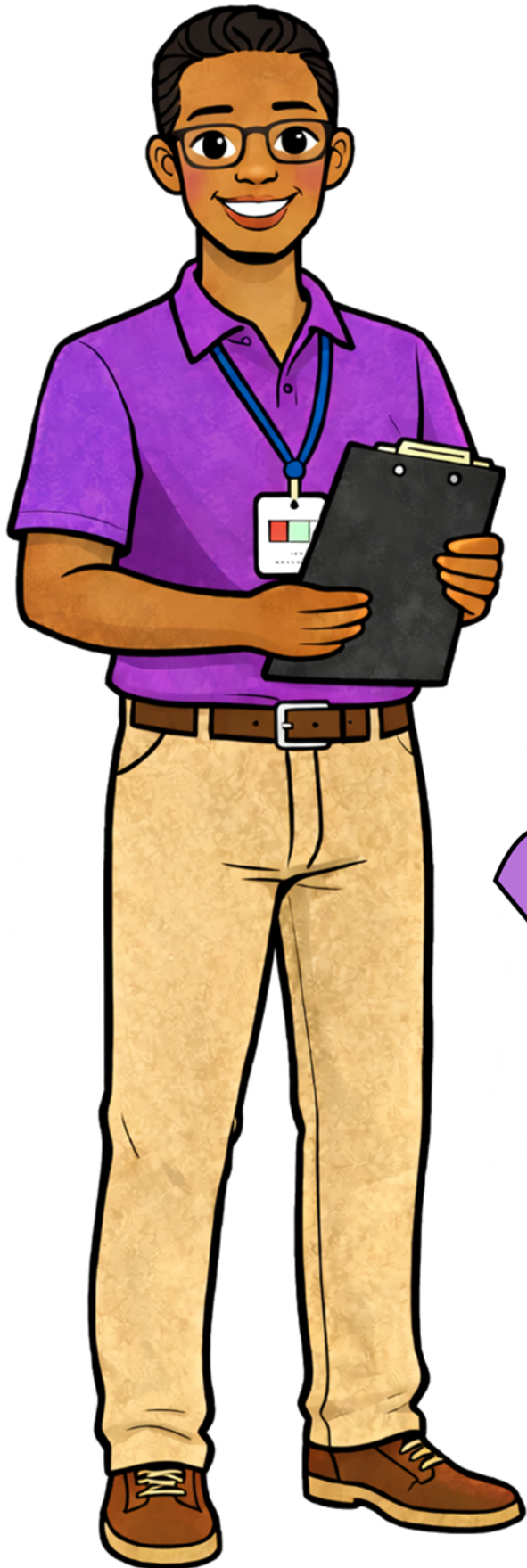
-Have changes at
school or home

-Just need
someone to
talk to



SCHOOL COUNSELORS

ARE:



✓ SAFE

✓ HELPFUL

✓ SUPPORTIVE

✓ HERE FOR

EVERYONE



“SCHOOL
COUNSELORS ARE
HERE FOR EVERYONE”

FACT

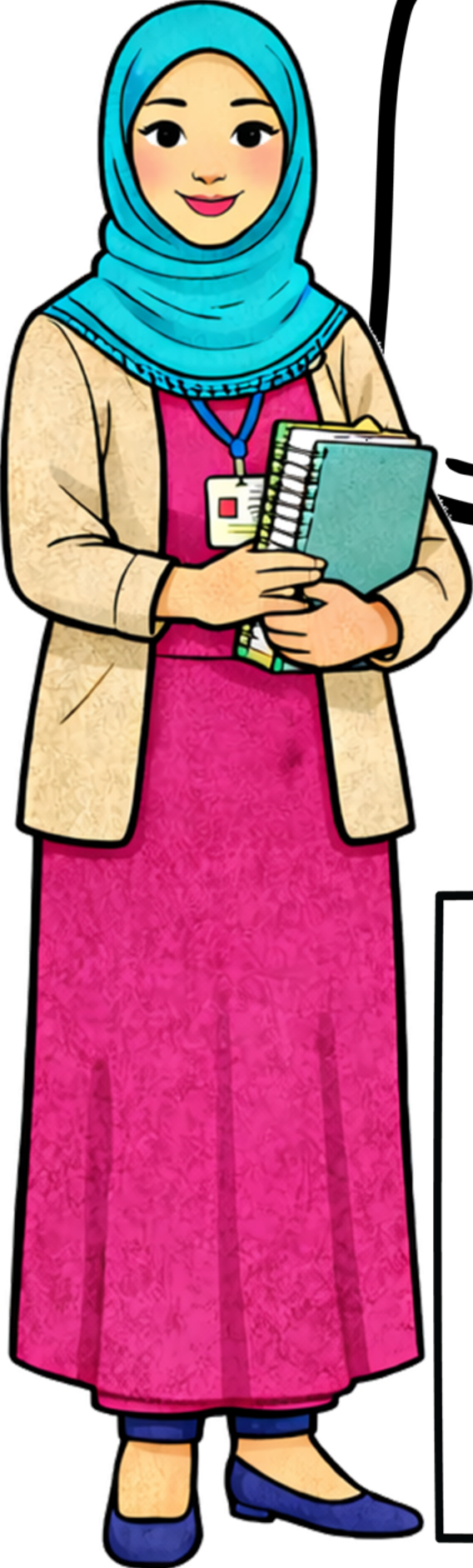
School counselors support all students. They help with: feelings, friendships, stress, school success, and big life changes. You don't have to be in trouble to see a counselor.



“SCHOOL
COUNSELORS
LISTEN”

FACT

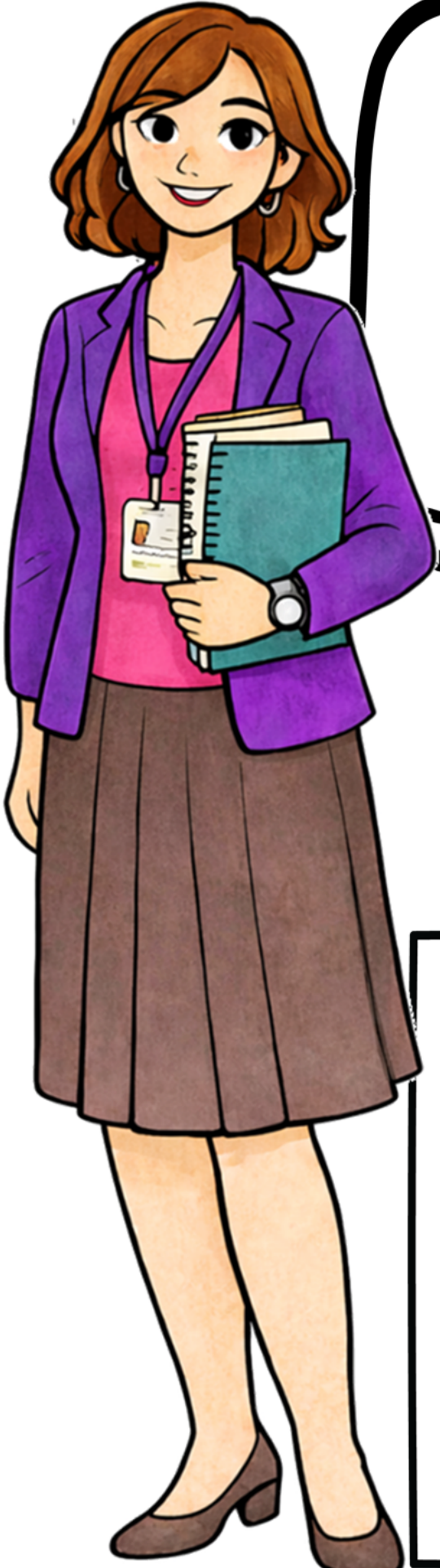
School counselors are trained listeners. They listen without judging. They care about your thoughts and feelings. They help you feel understood.



“SCHOOL
COUNSELORS TEACH
LIFE SKILLS”

FACT

School counselors help students learn important life skills. Including: Coping skills, Problem-solving, Self-control, Confidence, Communication.



“SCHOOL
COUNSELORS ARE
SAFE ADULTS”

FACT

School counselors work hard to keep students safe. Conversations are private. Counselors share information only if someone is not safe. Their goal is always to help, not punish.

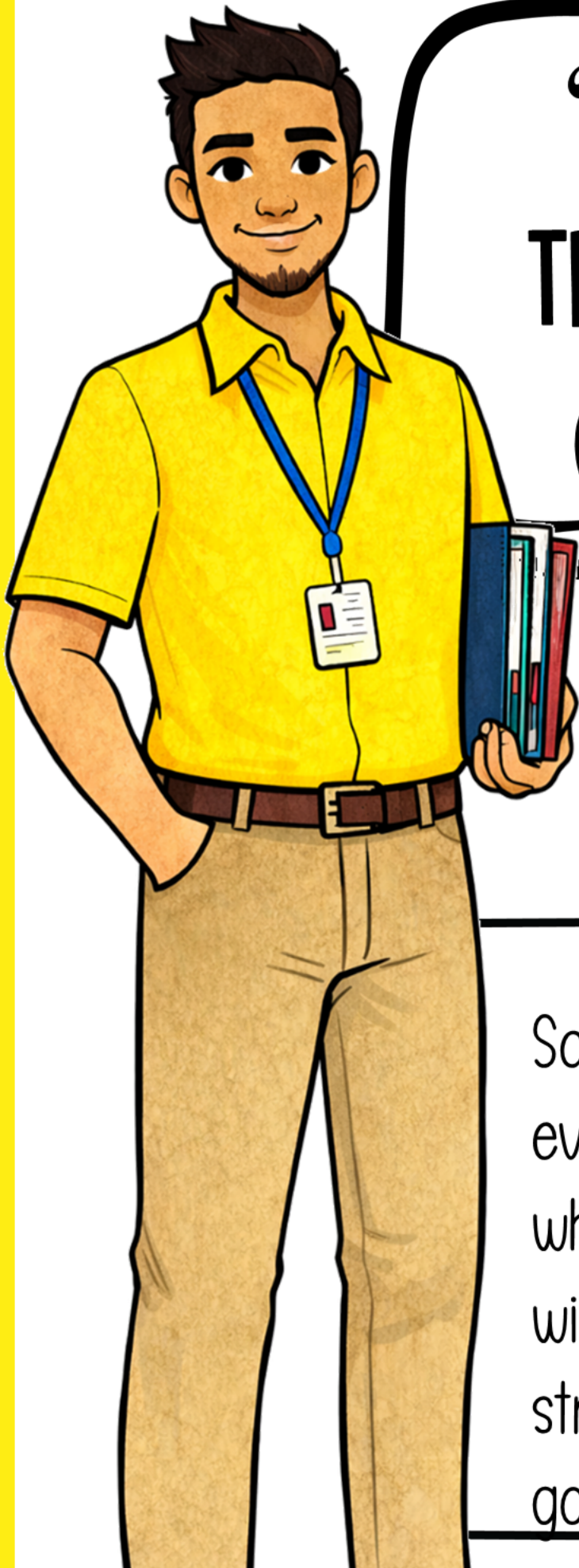


“STUDENTS CAN SEE
THE SCHOOL COUNSELOR
IN DIFFERENT WAYS”

FACT

Students may see the counselor:

- One-on-one
- In small groups
- During classroom lessons
- By asking for help themselves
- When a teacher or adult helps connect them



“ONLY KIDS IN
TROUBLE SEE THE
COUNSELOR.”

MYTH

School counselors help everyone, not just students who are in trouble. They help with: friendships, feelings, stress and worries, school goals, big changes.



“MY PROBLEMS
AREN'T BIG
ENOUGH.”

MYTH

If it matters to you, it matters.
Counselors help with: Small
worries, big feelings, everyday
problems, and things you don't
know how to explain yet.



“TALKING TO A
COUNSELOR MEANS
I’M WEAK.”

MYTH

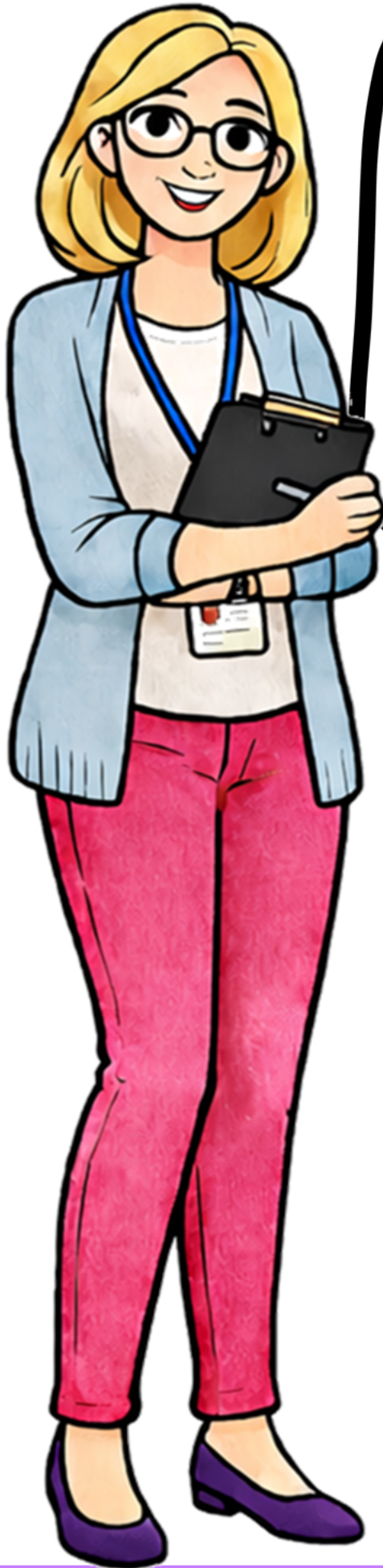
Talking to a counselor takes strength.

Asking for help = courage

Sharing feelings = bravery

Learning coping skills = power

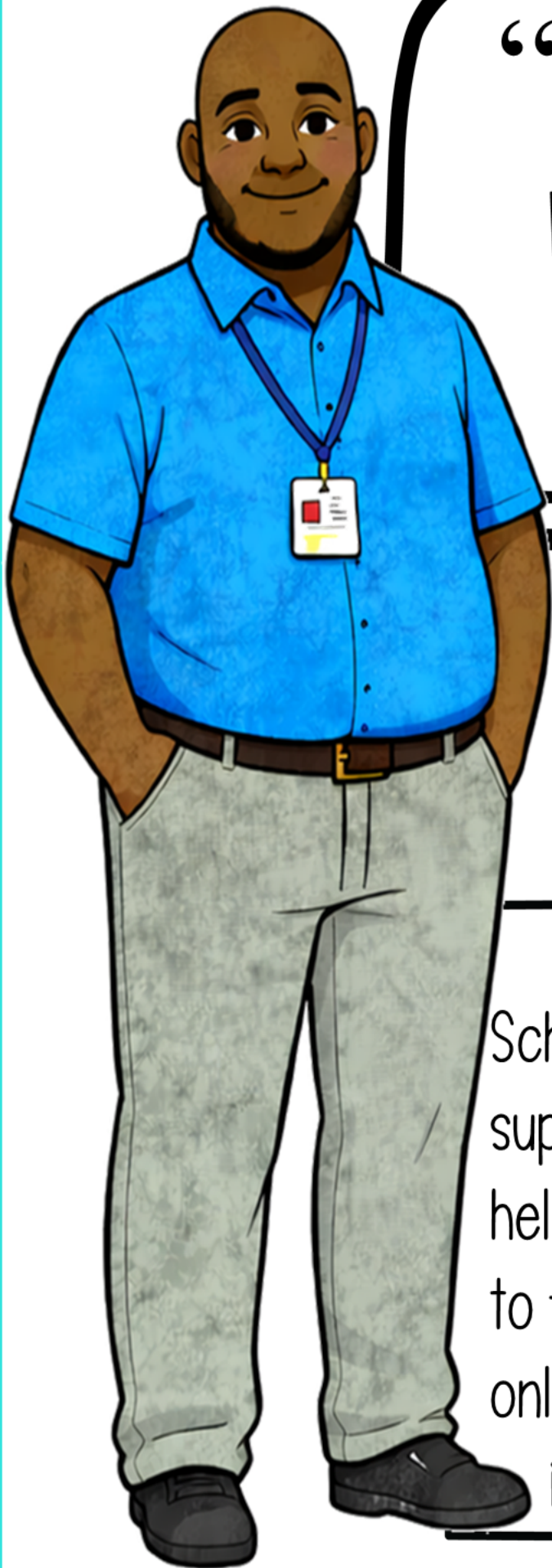
Strong students ask for support.



“COUNSELORS ONLY
CARE ABOUT
GRADES.”

MYTH

School counselors care about the whole student. That includes: Emotions, relationships, confidence, coping skills, personal growth. Grades matter—but YOU matter more.



“THE COUNSELOR
WILL GET ME IN
TROUBLE.”

MYTH

School counselors are here to support, not punish. They listen, help problem-solve, and want you to feel safe and understood. They only share information if someone is not safe.

SCHOOL COUNSELING FACTS



School Counselors Listen.



School Counselors are safe adults.



School Counselors teach life skills.



School Counselors are here for everyone.

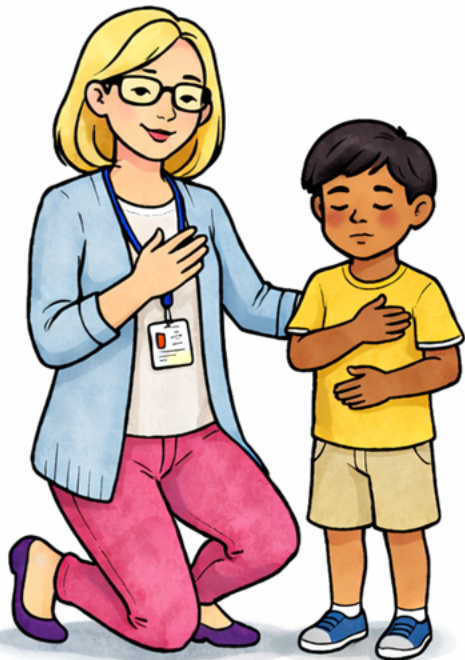
SCHOOL COUNSELORS HELP



Help kids with feelings.



Help friends get along.



Teach calming strategies.



Help kids solve problems.

SCHOOL COUNSELLING



SCHOOL COUNSELLING



SCHOOL COUNSELLING



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SCHOOL COUNSELLING



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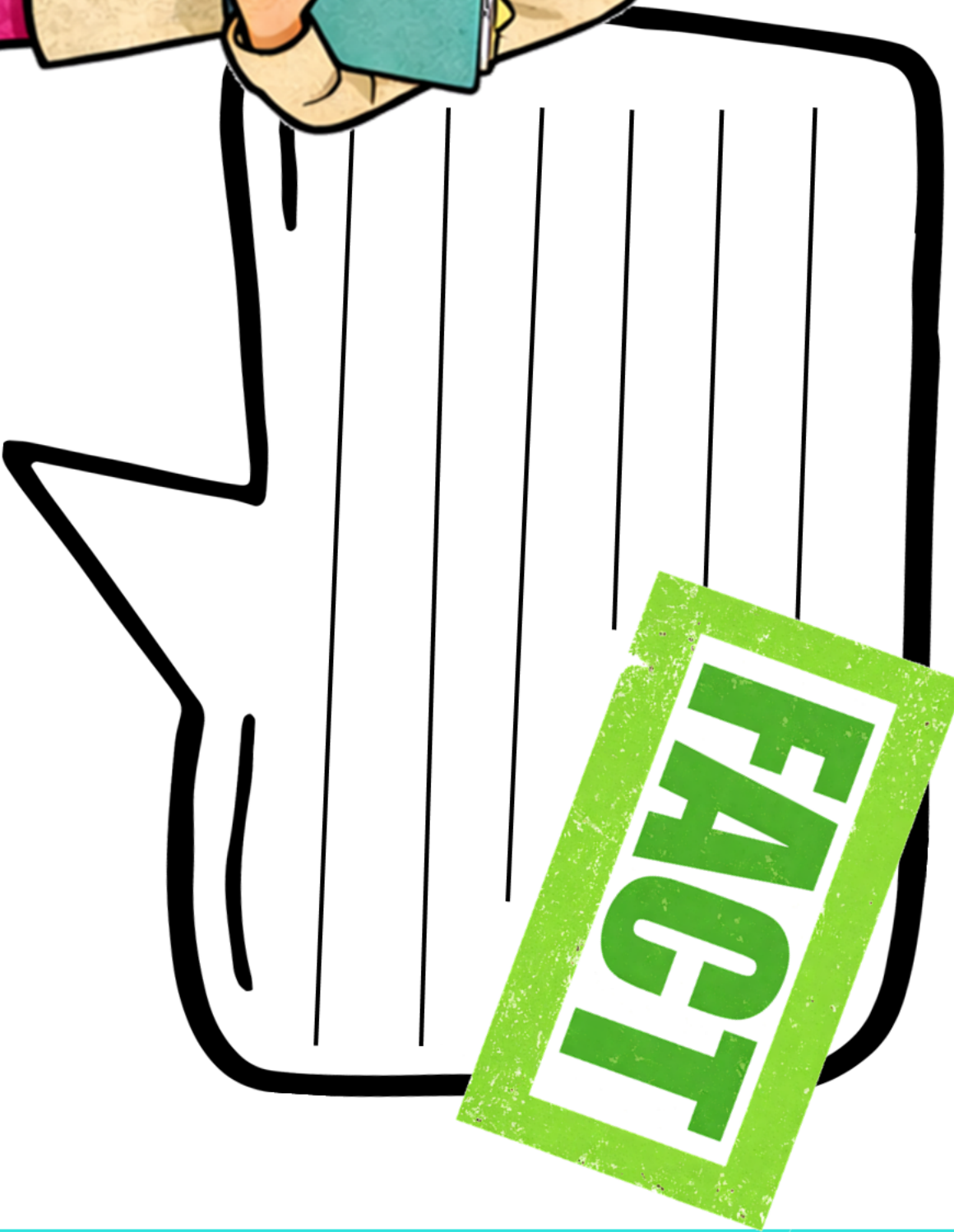


SCHOOL COUNSELLING

FACT



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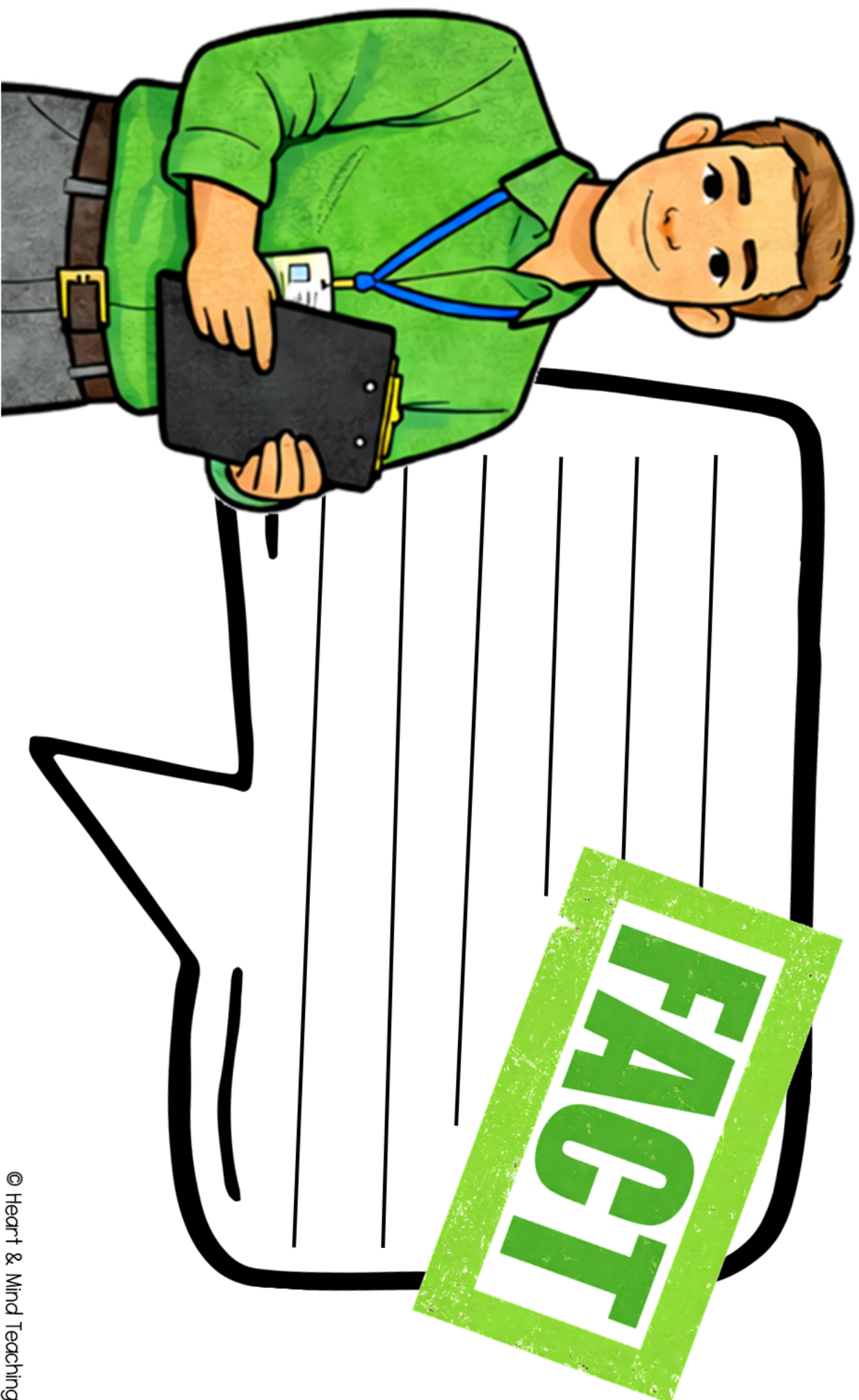


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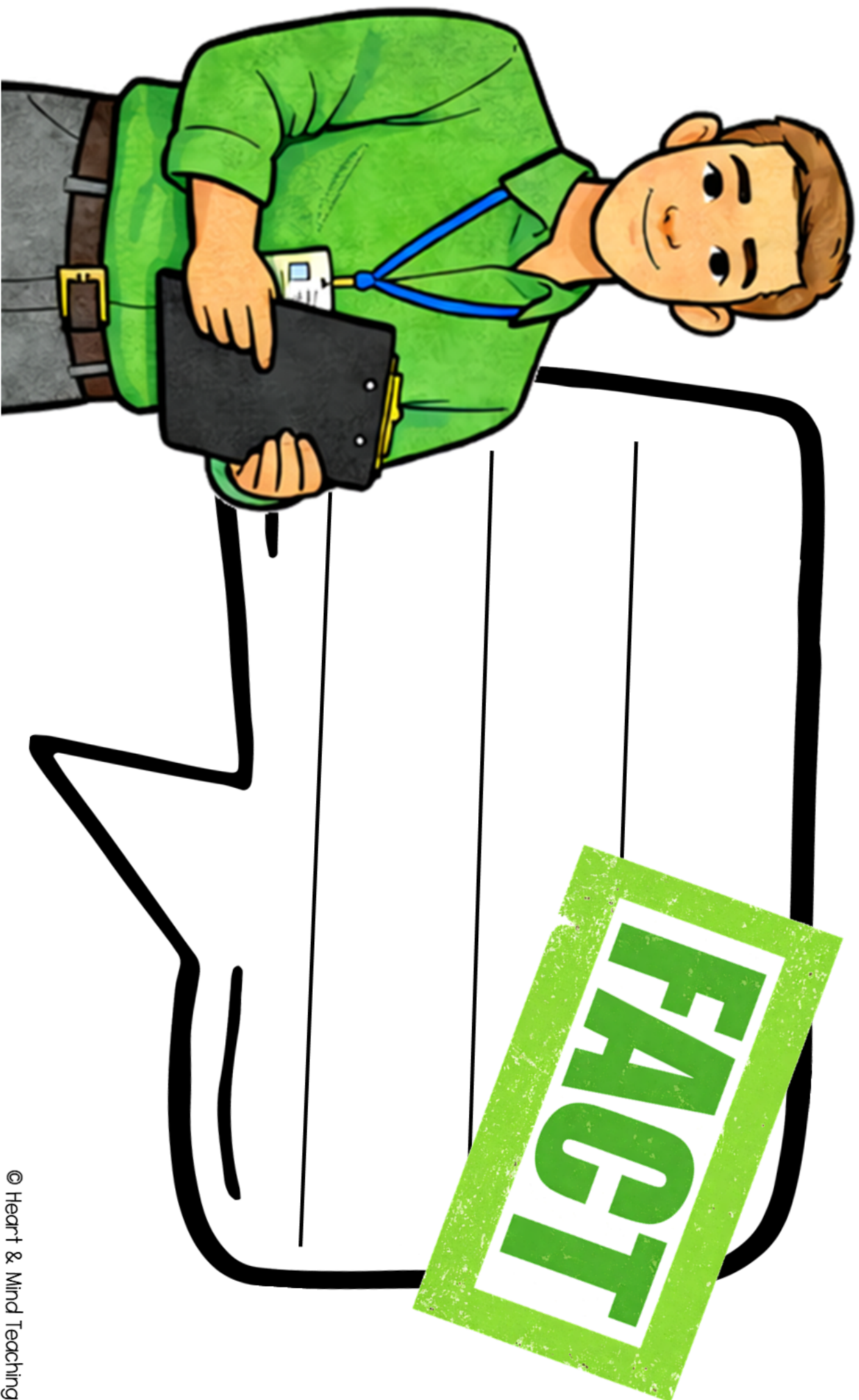


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SCHOOL COUNSELLING



SCHOOL COUNSELLING



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SCHOOL COUNSELLING

FACT



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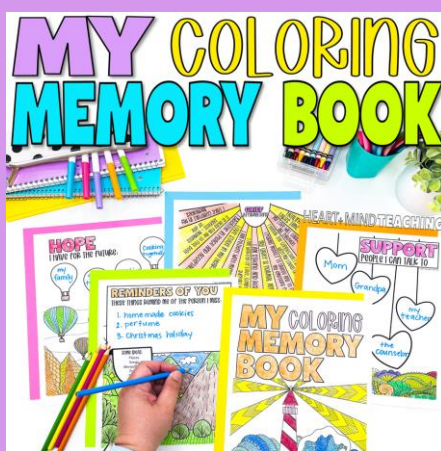
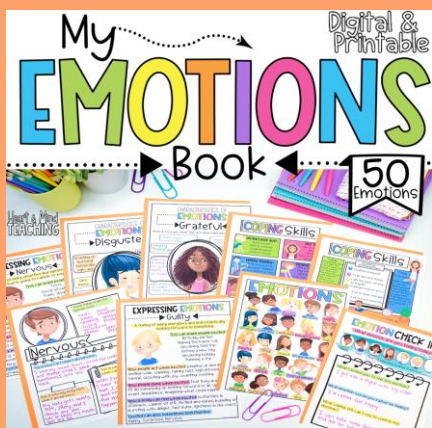
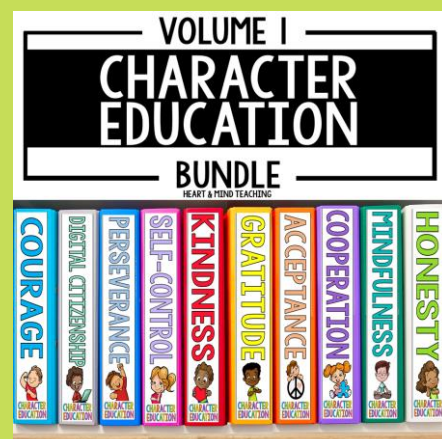
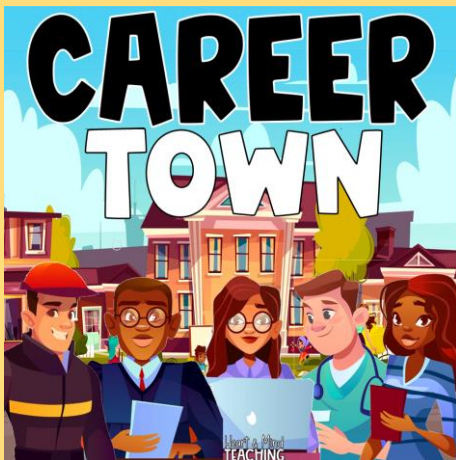




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