

**TBA
Counsellor**
Grade 11
Gr. 8 (last names A-J)

**Rupy Dhaliwal
Counsellor**
(Dept. Head)
Grade 12
Gr. 8 (last names N-S)
rdhaliwal@vsb.bc.ca

**Raymond Moy
Counsellor**
Grade 10
Gr. 8 (last names K-M)
rmoy@vsb.bc.ca

**Stephanie Tsui
Counsellor**
Grade 9
Gr. 8 (last names T-Z)
satsui@vsb.bc.ca

What is a School Counsellor?

Certified Teachers who have specialized training in Counselling Psychology, focused in the areas of individual and group counselling, adolescent development and mental health issues.

What does a Secondary School Counsellor Do?

School counsellors provide a confidential safe non-judgemental environment where a therapeutic relationship can be formed to facilitate emotional healing, empowerment toward positive change, development of coping strategies, and awareness of developmental issues. Academic and career counselling is also an integral role of the school counsellor, this includes reviewing graduation and post-secondary requirements in addition to consulting with teachers, administrative staff and other professionals to best support student needs.

- ***School Counsellors can help students with Life Issues such as:***
 - Anxiety, depression and other mental health concerns
 - Stress management, decision making and problem solving
 - Resolving problems arising from difficulties related to class and/or school routines
 - Self-harm/Suicide Ideation
 - Interpersonal issues
 - Grief and Loss
 - Self-esteem
 - Assertiveness and Conflict Resolution/Mediation
 - Sexual Identity
 - Internet safety
 - Bullying, Gangs and Peer Pressure
 - Family Relationships
 - Substance Use

Referrals: Inter-community referrals to qualified specialists who may offer additional assistance.

- ***Academic & Career Counselling:***
 - Providing information on graduation requirements

- Course planning leading to graduation & post-secondary education
- Understand school curriculum, courses and services
- Monitoring student progress through interim reports
- Understanding educational strengths, challenges and needs of students
- Assist with alternative educational courses/program placements
- Arranging assistance for students experiencing academic difficulties.
- Provide scholarship information and applications

How can I contact my school counsellor?

- Students can drop by their counsellor's office to talk. If the counsellor is not available, students are able to use the sign-up sheet on the office door and the counsellor will locate them. If it's an emergency, contact any counsellor in the office for help.
- Parents can phone or email their son or daughter's counsellor to make an appointment.

CONFIDENTIALITY!

Confidentiality is keeping discussions and information private between the counsellor and the client, in most cases this would be the student.

Confidentiality will be maintained at all times **except for the following three exceptions:**

- You are going to hurt yourself.
- You are going to hurt someone else.
- You have been hurt by someone else.

If any of the above situations arise the counselor will discuss the options available to you in regards to staying safe. Your counsellor will always tell you if confidentiality cannot be maintained.

If you are looking for support, acceptance, empathy and information come to the counselling centre and introduce yourself to us.