

## The School Counseling Career Guide from Counseling@NYU

School counseling is more than a career – it’s an opportunity to drive social change while guiding students toward personal, academic, and professional excellence.

### What Do School Counselors Do?

Employed by public, private, and charter schools across the United States, school counselors change lives by making connections – **connections with children, youth and adolescents, and the community.**

Professional school counselors follow the American School Counselor Association’s (ASCA) National Model, a framework outlining the components of a comprehensive school counseling program. Within the National Model, school counselors may serve in a variety of roles, including developing a school counseling curriculum, providing direct and indirect services to students, serving as consultants, using data to evaluate educational outcomes, and collaborating with other educational stakeholders.

### School Counseling Career Facts

**13%**

**Expected school and career counselor job growth**  
between 2016 and 2026

**36,700**

**Expected number of new school and career counselor jobs** between 2016 and 2026

**\$55,410**

**Median annual wage** for school counselors as of May 2017

## A Day in the Life of a School Counselor

School counselors take on various responsibilities to help students achieve success. Here is a sample day in the life of a school counselor:

### Elementary School Counselor

**9 to 10 a.m.**

Teach guidance lesson on career pathways with third-graders.

**10 to 11 a.m.**

Conduct individual counseling session with a fourth grade student.

**11 to 11:30 a.m.**

Discuss counseling initiatives with a group of teachers over lunch.

**11:30 a.m. to 12:30 p.m.**

Lead a test anxiety group with a group of fifth-graders.

**12:30 to 2 p.m.**

Lead a small group counseling session with fourth grade students on social skills.

**2 to 4 p.m.**

Attend a faculty meeting and provide updates on the counseling curriculum.

### High School Counselor

**9 to 10 a.m.**

Lead guidance activity with a class on responsible social media use for adolescents.

**10 to 11 a.m.**

Write a recommendation letter for a college-bound student.

**11 to 11:30 a.m.**

Discuss counseling initiatives with a group of teachers over lunch.

**11:30 a.m. to 12:30 p.m.**

Meet one-on-one with a student to create a time management plan.

**12:30 to 2 p.m.**

Discuss career opportunities with a small group of students.

**2 to 4 p.m.**

Facilitate a workshop for administrators to give feedback on the counseling curriculum.

## Skills Required for School Counselors

To be successful, school counselors must enjoy spending time with children and adolescents and must be able to relate to their needs. They must have a lot of enthusiasm and a desire to constantly hone key skills, including the following:

Patience  
Empathy  
Appreciation for diversity

Active listening  
Communication  
Leadership

Organization  
Project management  
Time management

For more information about the skills required of school counselors, see the [ASCA's list of School Counselor Competencies](#).



## You Can Make a Difference as a School Counselor

### College Readiness

**78.8%**

High school graduation rates increased from [49% to 78.8%](#) in schools that implemented the ASCA's National Model.

**2-3½X**

Students who work with a [school counselor before tenth grade](#) are [2 to 3.5 times more](#) likely to apply to college.

### Academic Outcomes

Schools that employ [one counselor for every 250 students](#) have:

**94%**

ATTENDANCE RATES

**91%**

GRADUATION RATES

**2%**

DISCIPLINE ISSUE RATES

### Social-Emotional Skills

Programs led by school counselors [improve students' abilities in five key areas](#):



COGNITION



ATTITUDE



SELF-REGULATION



BEHAVIOR



SOCIAL SKILLS

## Take the First Step: Earn Your Master's Degree through Counseling@NYU

### The Online MA Program in Counseling and Guidance

Counseling@NYU, the online master of arts program in Counseling and Guidance from NYU Steinhardt, enables you to earn an NYU school counseling degree without relocating.



**Weekly, face-to-face online classes**  
with an average of 15 students



**Self-paced assignments**  
delivered through an online portal



**A counseling lab**  
that develops self-awareness and basic skills



**Supervised practicum and internship** at a school near you



**One on-campus immersion** for hands-on, in-person learning

### Standard and Bilingual School Counseling

Counseling@NYU features a school counseling program and a bilingual school counseling program, both of which are delivered online. Start dates for both programs are offered throughout the year, and GRE scores are not required for admission.

For more information, contact an admissions counselor at [admissions@counseling.steinhardt.nyu.edu](mailto:admissions@counseling.steinhardt.nyu.edu) or **855-698-4622**.