



Hisar School is committed to the belief that every individual has the right to realize his or her potential.

Psychological Counselors at Hisar School aim to provide all students with the social and emotional support they need to discover and develop their potential. The Counseling and Guidance Program fosters learning, delivers progressively appropriate and accessible support to members of the Hisar School community, and extends this support to all students, parents, and teachers in a safe and trusted environment. The Psychological Counseling and Guidance Department pursue Hisar's belief in educating students to become strong, open-minded, respectful, independent, self-confident, compassionate, responsible, and successful in living in a global community.

Psychological Counseling and Guidance Definition

Counseling is defined as “the process of individual and group psychological assistance professionally conducted on an individual and group basis, aiming to provide individuals with self-awareness, decision-making and problem-solving skills, to realize their personal and social adaptation and to improve their well-being”.

The Psychological Counseling and Guidance Department assumes an integral role in the prevention of students experiencing psychological problems that require developmental and/or professional support. Provides opportunities for students to develop self-confidence and the ability to balance between school and the world outside school.

Hisar School adopts the following principles of the Ministry of National Education of the Republic of Turkey:

- Competency,
- Integrity,
- Confidentiality,
- Responsiveness,
- Scientificness,
- Responsibility

In the light of the above-mentioned principles, the following objectives have been identified:

- Empower our students to develop their capacity to be creative, to take on more active roles in social groups, to better manage their emotions, to form their own identities towards their individual goals, and similarly be a means for them to accept their differences and feel better about themselves.
- Ensuring that our students develop skills, attitudes, sensitivities, and the will to take initiative towards growing up as self-confident individuals.
- Helping our students grow into fully developed individuals ethically, intellectually, emotionally, socially and physically in a safe environment.
- Empowering our students to achieve their very best on the path to self-actualization.
- Ensuring that our students become part of the society and culture in which they live, and at the same time become world citizens who appreciate Turkish culture.

Serving our school and community are all at the heart of our educational philosophy. We are dedicated to developing our students' innovative thinking skills and enabling them to participate as active individuals in a dynamic, global world.

Purpose of Hisar School Psychological Counseling and Guidance Program

- Ensuring that all students have access to a guidance program closely linked to their education from pre-school onwards.
- Encouraging and supporting students to realize their personal and academic potential, taking into account individual learning methods.
- Promoting the mission, philosophy, and values of Hisar School.
- Identifying and monitoring students' cognitive, social, emotional, and physical characteristics and supporting their development.
- Creating practices that embrace diversity among students.
- Offering objective support and counseling to all stakeholders of the school.
- Creating a warm and trusting environment that supports the personal development of students and adults.
- Supporting the establishment of a learning environment that meets the needs of every student.
- Encouraging the adoption of our values and helping school stakeholders build school spirit by frequently referring to these values.
- Detecting students potentially at risk emotionally/socially/academically as early as possible.
- Supporting students in recognizing their own talents and fields of interest and informing them about educational and career opportunities.
- Carrying forward all counseling activities in K-12 in collaboration with teachers.

Working Areas of School Psychological Counselors

- Individual and group counseling
- Relationships with peers or adults, coping strategies and social skills
- Communication skills, expression of emotions
- Problem Solving
- Personal development and understanding others
- Bullying, coping strategies
- Respect for multiculturalism
- Response to crisis



- Directing to community resources
- Communication with teachers and parents
- Group response in light of emerging group behaviors
- Student observation
- Directing to experts where necessary and following up
- Parent education through seminars, workshops or newsletters

Working Areas of the Resource Room Teacher

- Working to remove the barriers that prevent students from learning and increasing their efficiency.
- Identifying different needs, creating personalized learning plans for students with mild to moderate learning difficulties and closely monitoring and evaluating their progress.
- Conducting enriched and diversified studies with students with meta-cognitive skills.
- Supporting the creation of certain values among school stakeholders.
- Providing peer-to-peer learning support.
- Supporting students to meet their learning styles or similar needs in a variety of ways.
- Providing counseling to teachers when needed.
- Providing families with access to outside professionals.
- Supporting and counseling parents.

Relevant Principles

In the K-12 dimension, the PCG Department works in line with horizontal and vertical linkages between schools and departments. Our principle is the implementation of a preventive, inclusive, and effective consultation process operating proactively across all stakeholders constituting the school community.

Psychological Counseling and Guidance Curriculum

- The Psychological Counseling and Guidance curriculum and services are of particular value as a means of helping students to fulfill their academic, social and personal potential. The curriculum is inherently focused on preventing problems before they occur and is structured according to age development levels.
- The Counseling Program is mainly focused on two issues:
 - Education counseling
 - Personal Counseling

Collaboration

- Counselors establish a support team working with students, parents, teachers, and out-of-school mental health professionals to ensure that students get the most out of their education.
- The Psychological Counseling and Guidance Curriculum helps individuals realize their academic and personal potential. Collaborating with teachers, the Department creates a learning environment supportive of students inside and outside the classroom to meet their social and emotional needs, enabling them to become capable, self-confident learners.

Professional Development

- Psychological counseling and guidance activities are conducted under the supervision of mental health professionals specialized in their field.
- Psychological counselors follow the latest practices and participate in current training in their fields, participate in program evaluations and implementations, and continue their professional development.