



Guidance and Counselling

Meanscoil Iognaid Ris

CBS Guidance and Counselling Service - Overview

The aim of the Guidance and Counselling service, in accordance with the Education Act (1998), is to ensure that *all* of our students have access to appropriate guidance to assist them in their **Academic, Personal and Social** development and support them in making **Educational** and **Career/Vocational** choices. The Guidance Department here in the CBS, in its caring and supportive role, strives to empower students and help them to develop problem solving skills, build resilience and to make informed decisions. The Guidance Counsellors liaise regularly with the Principal, Deputy Principals, Year Heads, SEN Department and Subject Teachers. They also have regular contact with parents/guardians, psychologists, external support services, employers, colleges, and other outside agencies. The Guidance and Counselling service here in the CBS is central to, but not distinct from, Whole School Guidance provision <https://www.pdst.ie/sites/default/files/NCGE-PP-WholeSchoolGuidanceFramework-PDF-EN.pdf> within the school community, including Wellbeing <https://www.gov.ie/pdf/?file=https://assets.gov.ie/24725/07cc07626f6a426eb6eab4c523fb2ee2.pdf#page=null> and many other cross curricular areas such as SPHE and CSPE. The *School Guidance and Counselling Plan*, together with its individual Year Programmes, has been developed to suit the needs of *our* students as they progress through each stage of their educational journey. Guidance classes, individual one-to-one appointments, group activities and one-to-one support to students who want to discuss personal or vocational issues in a confidential, non-judgemental setting are an integral part of the Plan as students journey from First Year through to Sixth Year.

- **Guidance Team:**

Here in the CBS, our Guidance Counsellors are **Ms.Margaret Costello** and **Ms. Carleen Egan**. Both are fully qualified Guidance Counsellors (and have previously taught in their respective Subject areas also), are members of the *Institute of Guidance Counsellors* (IGC) and regularly undergo professional Supervision under the auspices of the DES, as well as CPD in a variety of areas relevant to our role. Students and Parents/Guardians are always welcome to contact their assigned Guidance Counsellor mc@naascbs.ie (Ms Costello) ce@naascbs.ie (Ms Egan) with any queries or concerns they may have.