

## ERBIL KORU ANATOLIAN HIGH SCHOOL.

### GUIDANCE and PSYCHOLOGICAL COUNSELING SERVICE



# CONTENT

- Our Principles

  - Our Teacher Studies

## PRESENTATION

 What is the Guidance Service? What is a Guidance Service Not? • What Services Do We Offer in the Guidance Service? • Our Student Studies • Our Parent Studies



## WHAT IS THE GUIDANCE SERVICE?

Our Guidance Service aims to help our students solve the difficulties they face during the development process without turning into problems, to contribute to their upbringing as happy, healthy, creative individuals with self-aware, sensitive adaptation to their environment and communication skills.



### THINGS TO KNOW

- Guidance services in Turkey are provided in kindergarten, middle school, high school and university.
- Guidance services are mandatory for schools with a certain number of students in schools.
- The school administration has to provide rooms and the necessary equipment for the guidance service.
- In order to become a school psychological counselor, you must graduate from the "Guidance and Psychological Counseling" department of universities and receive a 4-year education. If these 4-year trainees want to work in the public sector, they must take the KPSS (public personnel selection examination) exam. They can provide counseling services in private or they can also work in private schools. In these cases, the CV is important.

The guidance service at our school follows the educational, professional and psychological development of students and makes the necessary referrals in cooperation with our teachers and parents during this process.

## WHAT IS A GUIDANCE SERVICE NOT?

Psychological counseling and guidance assistance is not a one-way direct assistance to an individual.

Psychological counseling and guidance are not only concerned with the emotional side of the individual.

Guidance assistance is not just a help given to "troubled" students.

Psychological counseling and guidance do not have a magical power that can solve all kinds of problems immediately.

What an individual cannot do is not to do on his behalf.

It is not the center of discipline, judgment, punishment.

It does not eliminate the problem, it helps to solve the problem.

### WHAT SERVICES **DO WE OFFER?**

### What Services Are Offered in the Guidance Service?

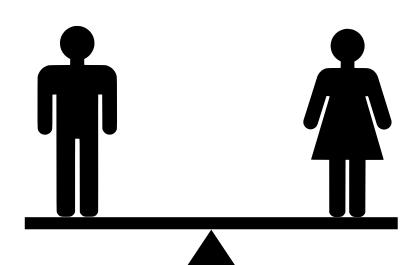
The relationships of friends The success of the lesson The relationship with the family Don't know yourself, -Being able to express yourself comfortably The anxiety of the exam The fear of school Stress,

Methods of studying, **Decision-making skills**, **Higher Education Institutions Exam**, Our guidance service provides services on adolescent problems and other psychological, educational or professional issues.

**Confidentiality:** Interviews are not shared with strangers unless there is a legal situation.

### **OUR PRINCIPLES**

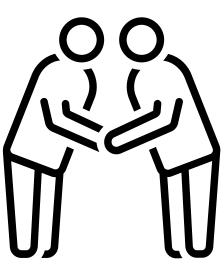
### Human rights are respected and individual differences are taken into consideration.







**Volunteering:** Guidance and **Psychological Counseling Services** are carried out not by external coercion, but with the voluntary cooperation and participation of the individual.



There are students at the center of guidance and psychological counseling services, all students are considered equal and valued.

### **OUR STUDENT STUDIES**

To guide our students on personal,

**Our Works**:

- 1- Classroom studies
- 2-Seminar studies
- **3-Individual student interviews**
- studies.

## educational and professional issues to provide assistance in solving their problems.

### 4- It is carried out in the form of group

## INDIVIDUAL AND GROUP STUDENT INTERVIEWS





We conduct interviews with our students on personal, educational and professional issues.

"IŞKUR professional orientation test battery for choosing a profession"

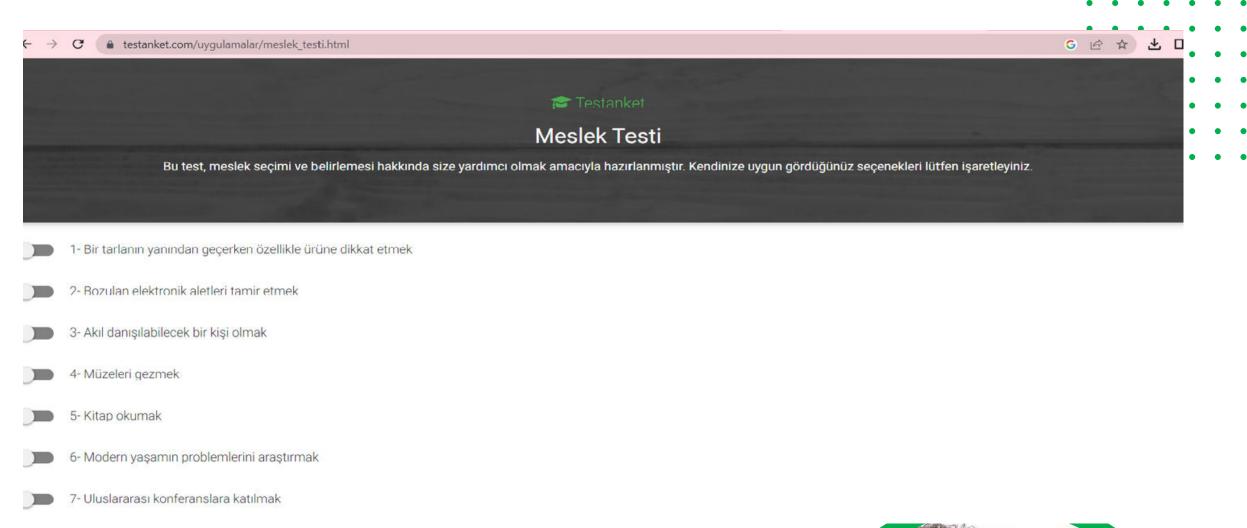


IŞKUR	Mesleki Yönelim Test Bi	
		Mes
	C Kimlik No	
	nrola Parola	

We apply an online professional orientation test that will enable students to make the right career choice by learning about their abilities, personality and professional orientations. Employment and Employment Agency (IŞKUR) to find jobs suitable for their qualifications for workers and to find qualified workers suitable for their jobs for employers"



## OCCUPATIONAL TESTING FROM THE TEST SURVEY SITE



### OCCUPATIONAL MATURE TEST

Our online tests that we use in choosing a profession





### Learning techniques

**ANKI** 01 QUIZLET 02

We use the applications that enable us to use the active recall technique, one of the most permanent learning methods in the world, effectively in educational guidance studies. In this way, we prevent the learning losses of our students.

### OUR PARENT STUDIES

This includes the introduction of our Guidance Service and our studies to our parents, the exchange of information and orientation studies that we do in order to take a common attitude with our parents in the approach to our students, the seminar studies for our parents.

## **Our Family Trainings**





### To our volunteer parents;

- Family communication skills,
- Moral development,
- Peer relations,
- Addiction,
- Conscious and safe use of technology,
- Conflict and stress management,
- Social and emotional development,
- We provide trainings on healthy nutrition issues.



### **Our Home Visits**

Single parenthood, Discontinuity, The problem of adaptation to school, Lack of school-parent cooperation, Behavioral problems, Various diseases, In cases such as course success/failure, we make home visits in order to observe the family atmosphere in order to get to know the student better.



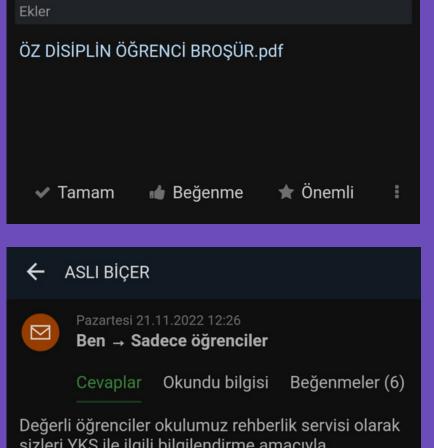


### ← ASLI BİCER

Perşembe 05.01.2023 13:45 Ben → Sadece öğrenciler

Cevaplar Okundu bilgisi Beğenmeler (2)

Değerli öğrencilerimiz, rehberlik servisi olarak sizlere yararlı olabilmek için Öz Disiplin Geliştirme konusunda hazırlanan broşürü inceleyip okumanızı rica ediyoruz.



sizleri YKS ile ilgili bilgilendirme amacıyla göndermiş olduğumuz videoyu izlemenizi rica ediyoruz.

VID\_20221108\_100423\_044.mp4

## Information **Brochures and** Newsletters

We send the informational articles we have prepared to our students, teachers and parents using various tools such as canva via the Edupage system.



### ÖZ DİSİPLİN GELİŞTİRME

**ÖĞRENCİ BROSÜRÜ** 



Başkalarına hakim olmak güçtür. Kendinize hakim olmak gerçek güçtür. -Lao Tzu-

Öz disiplin kişinin belirlemiş olduğu hedeflere ulaşabilmesi icin davranışlarını ve alışkanlıklarını kontrol altında tutması: hedeflerine odaklanması, izlemesi gereken süreçleri takip ederek hedefe ulaşma sürecindeki psikolojik tutumlarıdır. Kişinin hişlerini kontrol etme ve zayıf yönlerini asma yeteneğidir.

ÖZ DİSİPLİN

NEDİR

Kaç kere bir şeyler yapmaya başladınız ve kısa bir süre sonra bıraktınız? Herkesin tembellik. erteleme, devamını getirememe vb. gibi üstesinden gelmeyi istediği bazı alışkanlıkları vardır. Bu alışkanlıkları yenebilmemiz icin iradeye ve öz disipline ihtiyaç duyarız.

### **YETENEK MI** DISIPLIN MI?

Bu konuyu isleyen hepimizin bildiği bir "Kaplumbağa ile Tavşanın Yarışı" öyküsüdür. Hatırlarsınız; tavşan kendisine çok güvendiği ve kaplumbağayı her durumda geride bırakacağına olan özgüveni nedeniyle, yarışta arayı açtıktan sonra, yolda bir ağacın altında uykuya çekiliyor ve uyuyakalıyor. Tabi kaplumbağa yavaş da gitse sonuçta tavşandan daha önce bitiş çizgisini geçip kupayı almayı hak ediyor.

Demek ki, özgüven iyidir, ama öz disiplin daha iyidir. Kendi kendini disipline edemeyenler, yetenekleri ne kadar fazla olsa da amaçlarına ulaşmakta zorlanırlar.

### **GELİŞTİRİLİR?**

### HEDEF BELIRLE

GELECEKTE NE YAPMAK İSTEDİĞİNE KARAR VER.

### KENDÍNÍ TANI

"BEN KIMIM, NE YAPMAK ISTIYORUM?, BENIM ICIN ÖNEMLI OLAN NE?" SORULARINA CEVAP VER.

> KENDÍNE TELKINDE BULUN

KENDİNİ MOTİVE EDECEK CÜMLELER KUR **VE BUNU TEKRARLA, SLOGAN HALÍNE** GETÍR, GÖRÜNÜR YERE AS.

UYGUN PLANLAMA YAP

NEYİ NE ZAMAN YAPACAĞINA KARAR VER.

DÜZENLİ UYU DÜZENLİ VE KALİTELİ BİR UYKU. HEM DAHA DİSİPLİNLİ OLMANI SAĞLAR HEM DE HAFIZANI İYİLESTİRİR.

### ÖZ DİSİPLİN NASIL ÖZ DİSİPLİN NELER KAZANDIRIR?

KİSİNİN HAYATI ÜZERİNDE BİR YETKİNLİK VE KENDİNİ YÖNET JÖNLENDÍRME GÜCÜ VERÍR.

DAIMA PLANLI, PROGRAMLI HAREKET EDILIR. BU DA AZ ZAMANDA ÇOK İŞLER BASARILMASINI SAĞLAR.

KARSILASILAN PROBLEMLERIN ÜSTESINDEN GELINMESINE YARDIMCI OLUR.

SORUMLULUKLARIN FARKINDA OLUNMASINI SAĞLAR.

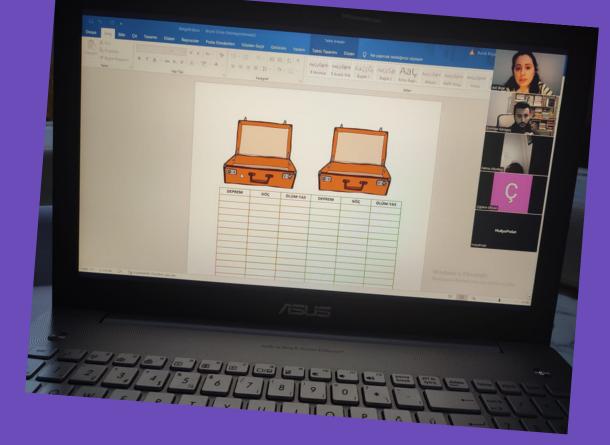
KISININ KENDISINI DAHA 141 TANIMASINI SAĞLAR.

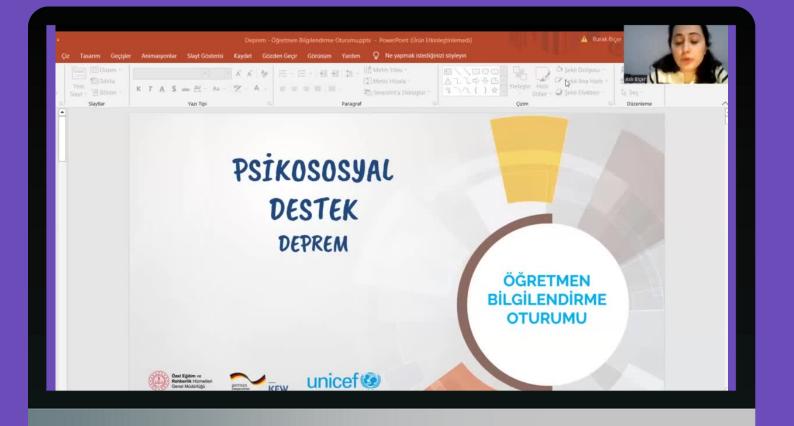
HEDEFLERE ULASILMASINI SAĞLAR.

ZAMAN YÖNETIMI ETKILI OLARAK KULLANILIR.

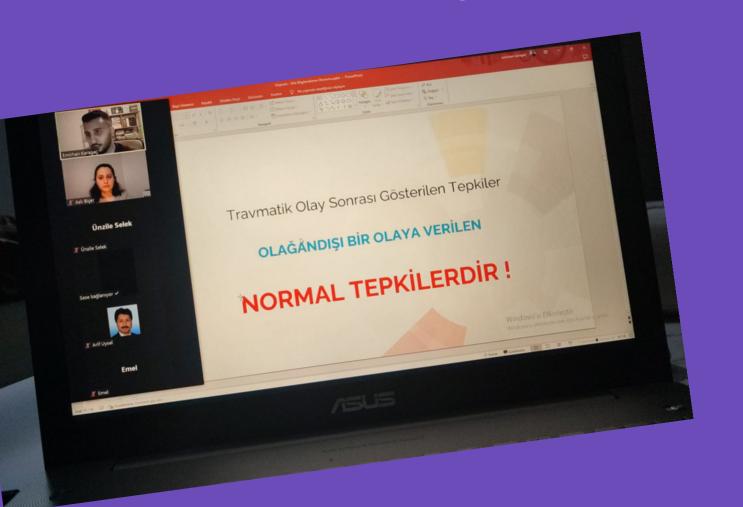
FAYDALI ALISKANLIKLAR EDINILMESINI SAĞLAR.

## ONLINE SEMINARS





In order to understand the psychological effects of the traumatic event we experienced due to the earthquake disaster in our country recently, we organized psychoeducation studies for our teachers and parents via zoom.



### **OUR TEACHER STUDIES**

who are in direct and regular group interviews with students in accordance with these needs.

### The school guidance counselor works in

- close cooperation with the administration
- and teachers within the school. Teachers
- communication with the student identify
- special needs in order to share them with
- the guidance and Psychological Counseling
- Service. Guidance and Psychological
- Counseling Service we organize individual or





## Thanks for listening