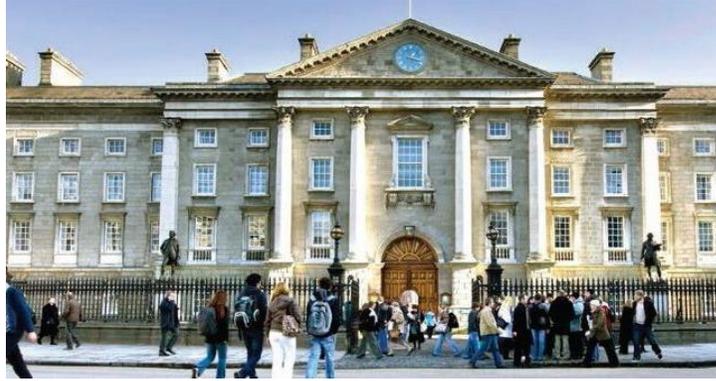




Secondary School Counsellor Ms. Deirdre Conlan



TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



SOAS
University of London



Brunel
University
London

Meet your School Counsellor



What is School Counselling?

Selecting and Applying Intervention Theories and Methods

Short-term counselling to students

Referrals for long-term support

Collaboration with families/teachers/ administrators/community for student success

Data analysis to identify student issues, needs and challenges

Example of a theory to intervene: ABC Model

A

I didn't get the grade
I wanted

B

"I am stupid"
"I'll never understand this"
Ruminate over negative event

C

Feeling low
Self-sabotage by not going to try



Activity

Why do we work with thoughts?

Answer

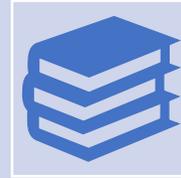
Changes in thought are considered most important for long-lasting improvements (Greenberger & Padesky, 1995).

Dysfunctional thoughts and beliefs can be unlearned, and new beliefs learned through therapy (Beck, 1995).

Support your child's study habits



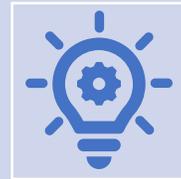
To excel in exams, proper preparation is key.



Studies have shown that introverts and extroverts have different optimal study times.



Introverts tend to study better in the morning, while extroverts perform well in the afternoon.



This is based on scientific evidence that suggests our natural energy rhythms affect our cognitive abilities.

Contact the Counsellor



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Scan the QR code above to make an appointment for your child.



Followed by filling out an informed consent form.



Email

References:

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**Thank You
Deirdre Conlan**