

# UES 10TH ANNUAL CONFERENCE

## ON INTERNATIONAL APPLICATIONS



Mental Health and  
Social/Emotional  
Counselling in the College  
Advising Process



**DATE**  
10 June 2024



**TIME**  
12:00 PM




**LOCATION**  
Northeastern  
University London


**ASIL AL-SHAMMARI**  
SPEAKER



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# Mental Health and Social/Emotional Counselling in the College Advising Process



# What Does Wellbeing Mean to You?

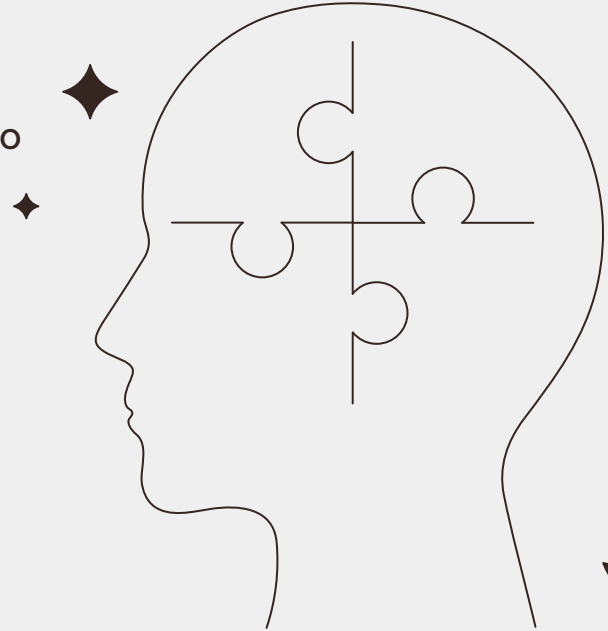


<https://www.menti.com/alwv33tzdxnm>

# How careers and M,S,E overlap?

The overlap between college counseling and 'classic' counseling is essential to provide comprehensive support to students, ensuring they are academically prepared and emotionally resilient as they transition to higher education and beyond.

- Holistic student approach
- Stress/Anxiety Management
- Personal Challenges
- Mental health concerns
- Coaching students through their developmental stage
- Support in building resilience and coping skills
- Career and Life Planning
- Crisis Intervention




# What can you do to prepare for a student meeting?


- Establish an environment that provides a space that is psychologically safe for the student to explore difficult and positive situations
- Understand and reflect upon the student who you are meeting with - what are their challenges, aspirations, and perceptions of themselves

- Engage students in activities that elicit positive emotions such as recalling happy memories or participating in enjoyable activities before you begin.

When a student feels happy/safe in a space with you they are more willing to open up about their feelings, ideas and be more receptive to your coaching and feedback

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- Attunement - Being self aware of your own emotions and how you are feeling can help you recognise what you need to do for yourself as it's important that each student is given the same level of attention and that you can meet their needs.

The aim of doing this is to seek control over our thoughts, feelings and impulses so we guide the conversations giving student full autonomy over decision making

- Encourage positive relationships - develop peer mentoring or support groups where students can share experiences and offer support, creating a community and sense of belonging.
  - Reset and recharge your energy when you can throughout the day using meditation/mindfulness techniques
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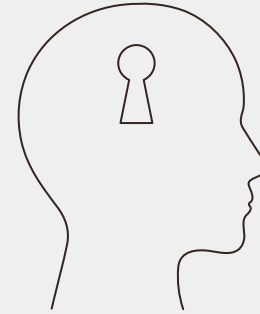
# Techniques to use



**Emotion  
Wheel**



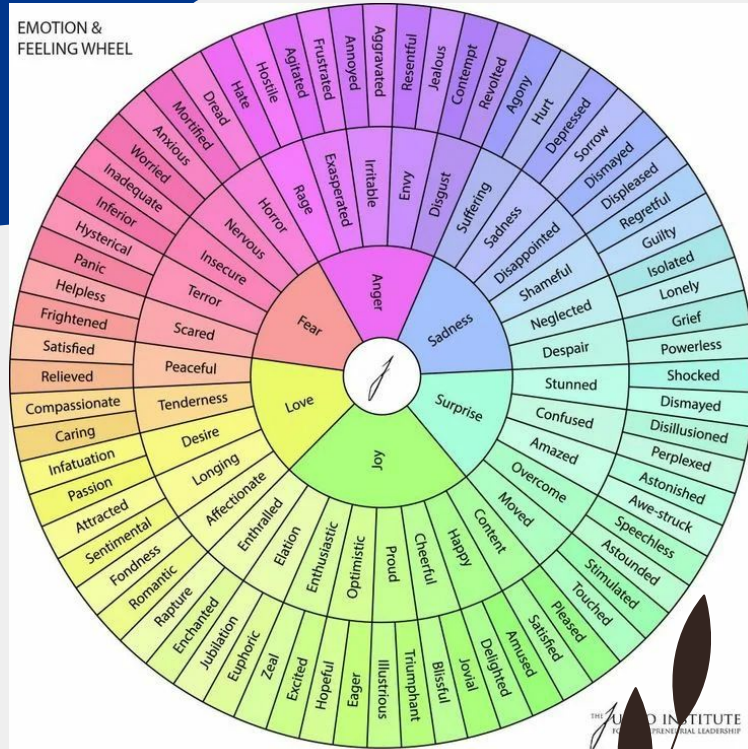
**Mindfulness  
with  
Grounding**



**Cognitive  
Coaching**

# Emotion Wheel

EMOTION & FEELING WHEEL



The emotions wheel is a great tool to use at the start and end of a meeting to check in with how the student is feeling so you can:

1. Adjust your expectations of the meeting outcomes
2. Emotionally support them
3. LISTEN and respond accordingly to the student's needs

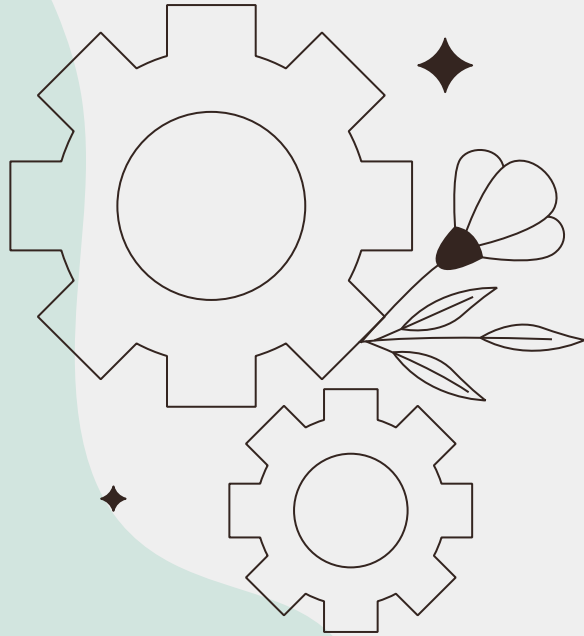


# Benefits of Meditation

There are many types of meditation but the thing they all have in common is that, over time, they can help lower stress levels.

By releasing physical tension held in the body, meditation can help us release worries buried in the mind, easing anxiety, stress and low mood, and even helping you get deeper, more restful sleep.

[How to meditation - for beginners](#)





# The necessity of grounding techniques

Sometimes it is hard to stay focused during a meditation practice - grounding refers to the ability to return to the present moment with sustained focus

Be aware of your drifting thoughts - don't judge yourself for having them and use the following techniques to refocus

Direct towards an object to focus on:

- Body Scan
- Focus on your breath
- Be aware of external stimuli



# Cognitive Coaching

**“Transforms the effectiveness of decision making producing self directed persons with the cognitive ability for excellence both independently and as members of a community.”**

Help students explore their values, and interests to find meaning and purpose in their studies and future careers - this empowers the student and enables them to manifest their future. You can then explore what they perceive as the challenges and underpin ways in which they achieve those aspirations.

# Cognitive Coaching

## Clarify Goals

What might you be hoping to achieve? What are your objectives?



## Specify Success Indicators

How might you know that you have reached this goal? What might success look like?



## Anticipate Approaches

What might be some strategies you could use to achieve this goal? What strategies have you used before?



## Establish Personal Learning Focus

What do you want to be sure you do well? How might you know you are doing it?



## Reflect on Coaching Process

How has the conversation supporting your thinking/learning?

# As the Coach

## You are:

- 1: Pausing to allow you or the student to think
2. Paraphrasing and summarizing their thoughts
3. Posing questions to specify thinking ‘specifically what do you mean when you say...’
4. Pay attention to the student with your mind and body [posture, gesture, tonality, language, and breathing]

# Cognitive Coaching resources

- Resources
- 01 — Institute of Counselling
  - 02 — ThinkingMatters
  - 03 — Thinking Collaborative - whole school approach to Cognitive Coaching

# Training

- Positive psychology courses
- Neurodivergent training for inclusivity
- DEI Training
- Informed Trauma Approaches Courses
- NSPCC Learning

Look into the provisions offered at different universities and seek out best fit options for the student's individual needs

# Approaching SLT

**Evidence of need:** Gather data within your school of the needs for mental health training. Share success stories from other schools that have implemented training and highlight the improvement in wellbeing and academic performance.

**Align with institutional goals:** Emphasize MHT can reduce stress and improve concentration and engagement. Show how MHT can lead to higher retention and graduation rates [school and beyond]. Point out that a proactive approach to MH can improve the school's reputation.

**Develop a detailed proposal:** Costs, training time and how the training will be implemented in your counselling practice.

**Engage your stakeholders:** Collaborate with other members of staff to build a coalition of support. Seek support from your parent and student body through a survey.

**Highlight legal and ethical responsibilities:** Training can ensure compliance with legal and ethical standards regarding welfare and support. It is everyone's duty to safeguard a child and be able to make an early help referral to LA



**Thank you**