

Disciplines and Ideas in Applied Social Sciences

# **DIVISION ARALING PANLIPUNAN TOOLS (DAPAT)**

First Quarter - Lesson 2

## **PROFESSIONALS AND PRACTITIONERS IN COUNSELING**



**Social Sciences – Grade 12**  
**Division Araling Panlipunan Tools (DAPAT)**  
**Disciplines and Ideas in Applied Social Sciences**  
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## Foreword

Welcome to Senior High School Social Science, Grade 12.

The **Division Araling Panlipunan Tools (DAPAT)** was co-authored, designed, developed and reviewed by educators from the Department of Education, Schools Division of Iloilo. This is done to guide you, and the teachers who will be teaching the subject to help the student achieve the standards set by the K to 12 Curriculum.

The purpose of the **Division Araling Panlipunan Tools (DAPAT)** is to guide students in independent learning activities according to their ability, speed and time. It also aims to help the students to develop and achieve lifelong skills with consideration to their needs and circumstances.

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### For the *learning facilitator*:

The **Division Araling Panlipunan Tools (DAPAT)** was created to meet the current needs of students in the country. To effectively assist the teachers, make sure it is clear to the students how to study or answer the activities in this material.

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### For the learners:

The **Division Araling Panlipunan Tools (DAPAT)** was created in response to your need. Its main purpose is to help you with your studies while you are not in the classroom. In this way you will have the freedom to study the entertaining activities contained in this material. Read and understand the instructions.

The following are important notes in using this module:

1. Use the module with caution. Do not mark any part of the module with any marks or letters. **Use a separate sheet of paper in answering the exercises.**
2. Don't forget to answer the Test before moving on to the other activities in the module.
3. Read the instructions carefully before doing each exercise.
4. Observe honesty and integrity in carrying out tasks and in correcting answers.
5. Finish the current task before going to another exercise.
6. Please return this module to your teacher or facilitator when you have completed all the exercises.

If you find it difficult to answer the tasks in this module, do not hesitate to consult your teacher or facilitator. You can also ask for help from mother or father, or your elder sibling or any of your housemates who are older than you. Always instill in your mind that you are not alone.

We hope that through this module, you will experience meaningful learning and gain deeper understanding of relevant competencies. You can do it!



## INTRODUCTION

What demands a counselor is having a better understanding of the concept of counseling. Counseling is a two-way collaborative effort between the counselor and client. Professional counselors are technically-trained individuals who can demonstrate varied counseling approaches with their clients. They help and support their clients to identify areas and possible solutions to problems and take precedence over issues such as advocating for the career and social responsibility.

Thus, counselors are undeniably found in all spheres of human development, transitions, and caregiving (Sampa, 2017). They practically work in a diverse community that comprises the common people, and where the provision of counseling, rehabilitation, and support services is indeed significant. Their roles and functions greatly vary which determined the kind of community they serve, and dependent to the areas of their expertise. Their functions necessitate recognizing possible issues to provide their clients with the appropriate counselling and support services. Oftentimes, their scope of practice is likely challenged with youths, adults, or families that may have experienced numerous issues like mental health illness and addiction, disability and employment needs, school-related problems or career counseling needs, and traumatic experiences.

This module will help you understand the roles and functions of counselors and their areas of specialization.



## YOUR TARGET

At the end of the module, you should be able to:

- discuss roles and functions of counselors (HUMSS\_DIASS12-Ic-6); and
- identify specific work areas in which counselors work (HUMSS\_DIASS12-Ic-7).



## CHECK YOUR KNOWLEDGE

### Task 1. MY ROLES

**Directions:** Below are terms related to the roles and functions of a counsellor. Identify the terms being referred to by matching Column A with Column B. Write the letter of the correct answer on your answer sheet.

#### Column A

1. Provides assistance through group counseling and group guidance.
2. Emphasizes counseling service on educational placement in course and program.
3. Helps client to find the needed expert assistance to whom the referring counselor cannot provide.
4. Helps client through a helping system or third party.
5. Requires him to evaluate programs and interventions implemented.
6. Provides career-choice planning and adjustment assistance to client.
7. A client-centered process that elicits confidentiality.
8. Advances profession in counseling to provide empirically-based data relevant to the ultimate goal of implementing effective counseling.
9. Integrates an approach in developing a well-functioning individual.
10. Seeks to identify the characteristics and potentials of every client.

#### Column B

- A. Individual Counseling
- B. Research
- C. Evaluation and Accountability
- D. Individual Assessment
- E. Group Counseling and Guidance
- F. Referral
- G. Placements and Follow-up
- H. Consultation
- I. Prevention
- J. Career Assistance
- K. Prescription and Treatment

## Task 2. SPECIALIZATION

**Directions:** Match Column A with Column B. Write the letter of the correct answer on your answer sheet.

### COLUMN A

1. parent education, preschool counseling, early childhood education, elementary school counseling, etc.
2. middle and high school counseling, psychological education, career development specialist, etc.
3. preretirement counseling, community centers counseling, nursing home counseling, and hospice work
4. premarital counseling, marriage counseling, family counseling, sex education, sexual dysfunction counseling, and divorce mediation
5. nutrition counseling, exercise and health education, etc.
6. guidance on choices and decision-making pertaining to career or lifestyle
7. college student counseling, student activities, student personnel work, etc.
8. substance abuse counseling, alcohol counseling, drug counseling, etc.
9. agency and corporate consulting, organizational development director, etc.
10. training and development personnel, quality and work life or quality circles manager, employee assistance programs manager, etc.

### COLUMN B

- A. Career/Lifestyle
- B. Marital relationship counseling
- C. Child development and counseling
- D. Health
- E. Business and industry
- F. College and university
- G. Drugs
- H. Gerontology
- I. Consultation
- J. Adolescent development and counseling
- K. Banking and finance



## LEARN THIS

### Task 3: APPROPRIATE OR INAPPROPRIATE?

**Directions:** The statements below cover the activities of School Counselors which was designed by the American School Counselor Association. Identify whether the activity is **appropriate** or **inappropriate** for a school counselor. Write your answer on a piece of paper.

STATEMENTS
1. conducts orientation, coordination, and academic advising for new learners
2. interprets cognitive, aptitude, and achievement tests
3. signs excuses for learners who are tardy or absent
4. performs disciplinary actions or assigns discipline consequences
5. provides long-term counseling in schools to address psychological disorders
6. covers classes when teachers are absent or creates teacher planning time
7. interprets learner records
8. supervises classrooms or common areas
9. protects learner records and information as defined in DepEd policies
10. consults with the school principal to identify and resolve learner issues, needs, and problems



## DISCOVER

### Task 4: WORK IDENTIFICATION

**Directions:** Identify the specific work areas of counselors described by the scenarios given. Choose your answer inside the box and write it on a piece of paper.

Health	Drugs
Gerontology	Consultation
Career/lifestyle	Other specialties
Mental relationship counseling	Business and Industry
Child development and counseling	College and university
Adolescent development and counseling	

1. child suffering an attention deficit hyperactivity disorder (ADHD) which causes an above-normal level of hyperactive and impulsive behavior
2. single mother of three children physically and verbally abused by her husband
3. grade twelve learner finding difficulty in career decision after graduation
4. newly-wedded woman diagnosed by the doctor of having ectopic pregnancy
5. employee reprimanded by the employer for having poor performance in a couple of years
6. manager of a fast-food company being unfair to his employees' welfare
7. a 40-year old bachelor wants to quit smoking and substance abuse
8. varsity player mismanages his time for studies and extra-curricular activities in school
9. woman suffering an eating disorder ang anorexia
10. a 64-year old woman fears to retire from her executive position in the company





## REMEMBER THIS

### Roles and Functions of Counselors

Counseling entails concept that underlies the roles and functions of the counselors in today's society. According to Gibson and Mitchell (2003), counselors includes members who are recognized as specifically trained, licensed or certified sole professional providers tasked to perform the unique and needed services to fellow human beings.

Below are the roles and functions of a counselor:

Roles/ Functions	Description
Individual Assessment	Counselor seeks to identify the characteristics and potentials of every client. It promotes client's self-understanding. It assists counselor to understand the client better.
Individual Counseling	The core activity in which other activities have become meaningful. It is a client-centered process that elicits confidentiality. It establishes relationship between counselor and client.
Group Counseling and Guidance	Counselor provides assistance through group counseling and group guidance.
Career Assistance	Counselor provides career-choice planning and adjustment assistance to client.
Placements and Follow-Up	School counseling service offered emphasizing on educational placement in course and program.
Referral	One of the practices which helps client to find the needed expert assistance to whom the referring counselor cannot provide.
Consultation	The process which helps client through a helping system or third party.
Research	Counselors advances their profession in counseling wherein they provide empirically-based data relevant to the ultimate goal of implementing effective counseling.
Evaluation and Accountability	Evaluation is a means of assessing the effectiveness of counselor's activities. Accountability is demanded from counselors requiring them to evaluate programs and interventions implemented.
Prevention	It promotes mental health through primary prevention which integrates an approach in developing a well-functioning individual.

## Counselors' Areas of Specialization

Counselors are practically found in all spheres of human development, transitions, and caregiving. As cited in Sampa (2017), Peterson and Nesenholz (1987) identified eleven (11) major areas of specialization for the counselor's work:

- 1. Child development and counseling.** It includes parent education, preschool counseling, early childhood education, elementary school counseling, child counseling in mental health agencies, and counseling with battered and abused children and their families.
- 2. Adolescent development and counseling.** It covers middle and high school counseling, psychological education, career development specialist, adolescent counseling in mental health agencies, youth work in a residential facility, and youth probation officer.
- 3. Gerontological counseling.** It is considered as the fastest growing field and essentially involves counseling of older citizens. It includes preretirement counseling, community centers counseling, nursing home counseling, and hospice work.
- 4. Marital or relationship counseling.** It includes premarital counseling, marriage counseling, family counseling, sex education, sexual dysfunction counseling, and divorce mediation.
- 5. Health.** It offers possibility for nutrition counseling, exercise and health education, nurse-counselor, rehabilitation counseling, stress management counseling, holistic health counseling, anorexia or bulimia counseling, and genetic counseling.
- 6. Career/lifestyle counseling.** It includes guidance on choices and decision-making pertaining to career or lifestyle such as guidance on career development, provision of educational and occupational information to clients, conducting education on career and lifestyle trends, provision of various forms of vocational assessment appropriate to a setting, addressing the career and life development needs of special populations and appropriate career service in given settings, facilitation of work-related activities as an integral part of development and formation across the lifespan, and modeling application of decision-making across the lifespan. It involves information dissemination of current career, vocational, education, occupational, and labor market information. It gives assistance to clients on developing skills necessary to plan, organize, implement, administer, and evaluate clients own career development. It facilitates understanding of the interrelationships among work, family, and other life roles and factors including diversity and gender, their influence on career development and choices.
- 7. College and university.** It offers the following opportunities: college student counseling, student activities, student personnel work, residential hall or dormitory counselor, and counselor educator.

8. **Drugs.** It has several options such as substance abuse counseling, alcohol counseling, drug counseling, stop smoking program manager, and crisis intervention counseling.
9. **Consultation.** Consultation as an area of specialization covers agency and corporate consulting, organizational development director, industrial psychology specialist, and training manager.
10. **Business and industry.** It includes training and development personnel, quality and work life or quality circles manager, employee assistance programs manager, employee career development officer, affirmative action, or equal opportunity specialist.
11. **Other specialties.** It may include phobia counseling, agoraphobia, self-management, intra-personal management, interpersonal relationships management, and grief counseling.

In all specialties, the counselor could be self-employed as a private practitioner or may be employed by the agency, which may be a government or a non-government organization (NGO). In any specialty area, additional education and trainings beyond graduate and post-graduate education are required.

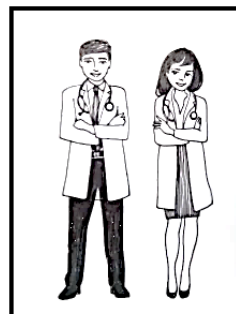


## YOUR LEARNINGS

### Task 5: ROLE IDENTIFICATION

**Directions:** Below are pictures of Senior High School Students having a career guidance activity. Answer the questions that follow. Write your answers on a separate sheet of paper.

#### SHS students in a Career Guidance Activity



1. Do you think counseling is needed in this activity? Why? \_\_\_\_\_
2. What roles and functions of the counselor are needed? \_\_\_\_\_

## Task 6: MY WORK, MY FUNCTIONS

**Directions:** Make a matrix showing the roles and functions of counselors under specific work areas. Use a separate sheet of paper for your answers.

Specific Work Areas	Roles and Functions



### THINK AND REFLECT

A topic will become meaningful and relevant if you go beyond its context. Try to reflect on the given questions below.

1. If you were the school guidance counselor, how would you assist a grade 12 learner who finds difficulty in his career decision after graduation?
2. Is there a need of a counselor if you feel stress in dealing with your academic and co-curricular activities? Why?



### TEST YOUR KNOWLEDGE

Let's see how far you have gone in this lesson. Take the assessment below to test your knowledge.

**Directions:** Make a 200-word essay expounding the topic, "Millennial Generations: The Roles and Functions of Counselors."

## Answer Key

### Task 1. Roles and Functions

- |      |       |
|------|-------|
| 1. E | 6. J  |
| 2. G | 7. A  |
| 3. F | 8. B  |
| 4. H | 9. I  |
| 5. C | 10. D |

### Task 2. Specialization

- |      |       |
|------|-------|
| 1. C | 6. A  |
| 2. J | 7. F  |
| 3. H | 8. G  |
| 4. B | 9. I  |
| 5. D | 10. E |

### Task 3: Appropriate or Inappropriate?

- |      |       |
|------|-------|
| 1. A | 6. I  |
| 2. A | 7. A  |
| 3. I | 8. I  |
| 4. I | 9. A  |
| 5. I | 10. A |

### Task 4: Work Identification

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1. Child development and counseling | 6. Business and Industry  |
| 2. Marital relationship counseling  | 7. Drugs                  |
| 3. Career/lifestyle                 | 8. College and University |
| 4. Marital relationship counseling  | 9. Health                 |
| 5. Business and Industry            | 10. Gerontology           |

### Task 5. Picture Analysis

Answers may vary.

### Task 6. My Work, My Function

Answers may vary.

### Test Your Knowledge

RUBRICS FOR ESSAY WRITING				
CRITERIA	4 Expert	3 Accomplished	2 Capable	1 Beginner
<b>Focus &amp; Details</b>	There is clear, well-focused topic. Main ideas are well supported by detailed and accurate information.	There is clear, well-focused topic. Main ideas are supported by some detailed and accurate information.	There is clear, focused topic. Main ideas are supported by few detailed and accurate information.	There is no clear, focused topic. Main ideas are not supported by few detailed and accurate information.
<b>Organization</b>	The information is inviting, states the main topic, and provides an overview of the paper. Information is relevant and presented in a logical order. The conclusion is strong.	The information is inviting, states the main topic, and provides an overview of the paper. Some information are relevant and presented in a logical order. The	The information is not inviting, states the main topic unclearly, and provides few overview of the paper. Few information are relevant and presented in a logical order.	The information is not inviting, states the main topic unclearly, and provides no overview of the paper. Information are irrelevant and not presented in a logical order. The

		conclusion is strong.	The conclusion is weak.	conclusion is weak.
<b>Voice</b>	Purpose of writing is clear, and there is strong evidence of attention to audience. Extensive knowledge and/or experience with the topic is/are evident.	Purpose of writing is clear, and there is few evidence of attention to audience. Some knowledge and/or experience with the topic is/are evident.	Purpose of writing is unclear, and there is few evidence of attention to audience. Few knowledge and/or experience with the topic is/are evident.	Purpose of writing is unclear, and there is no evidence of attention to audience. Few knowledge and/or experience with the topic is/are evident.
<b>Word Choice</b>	It used vivid words and phrases. The choice and placement of words seems accurate and natural.	It used some vivid words and phrases. Some choice words seem accurate and natural.	It used few vivid words and phrases. Few choice of words seem accurate and natural.	It used no vivid words and phrases. Choice of words seem inaccurate and unnatural.
<b>Sentence Structure, Grammar, Mechanics, &amp; Spelling</b>	All sentences are well constructed and have varied structure and length. It makes no errors in grammar, mechanics, and/or spelling.	Some sentences are well constructed and have varied structure and length. It makes some errors in grammar, mechanics, and/or spelling.	Few sentences are well constructed and have varied structure and length. It makes errors in grammar, mechanics, and/or spelling.	Sentences are not well constructed and have varied structure and length. It makes errors in grammar, mechanics, and/or spelling.

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