



## **Helpful Hints for Harried Counselors**

Christine McDonald

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"Helpful Hints for Harried Counselors" is easy to read, go to guide available to assist School Counselors in creating the most effective and comprehensive programs possible. This book helps Counselors to properly define their roles in the school system. The position of School Counselor is often not as clearly defined as other jobs in education, which creates role confusion. Counselors often end up with roles and responsibilities that take them away from the primary service of counseling. This book offers a guide to help Counselors to advocate for their roles and students. Counselors will learn how to properly find balance in their lives, learn self-care techniques and avoid Counselor burnout. Through this book, Counselors will be able to manage their time more efficiently, stay organized and drive their focus towards providing more direct services for the students.



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