

Counseling (Psychological) Services @ BJEM School

Counseling is a broad specialization of the field of Psychology that scientifically studies the functions of the brain-body, mental processes, behaviors, personality, and performance in a given environment. Counseling is a vital part of the education system. Our school is one of the few CBSE schools providing counseling services. We believe that every student can succeed through the collaborative efforts of school, home, and community leading to responsible and productive citizens in the 21st century. The vision is to create aware, responsible, and empowered individuals early in life. It helps students be more productive and resourceful in different spheres of their lives, such as thinking, social and emotional, and academic and career building. This professional service is offered to the diverse student population starting from LKG till 12th std and even beyond that, till the child needs. Parents/families, teachers and other staffs also have easy access to counselling service for a better state of mental health and well-being. The counseling cell is open on all school days and students can meet the counselor during school hours. However, parents can get an appointment with prior information.

Counseling is functioned individually and collaboratively for maintaining a comprehensive developmental school environment. Our dedicated counseling cell offers a space (confidential) to talk and think about difficulties and possible options. In today's rapidly changing world when students face multiple complex challenges like anxiety, stress, adjustment issues, study problems, conflicts with friends and family, etc. This psychological assistance helps to resolve different issues and develop a better sense of individuality.

Our Psychological service and counseling cell provide –

Individual and Group Counselling Sessions

- Behavioural Problems
- Emotional Problems
- Academic Problems
- Crisis Intervention (any)

Educational Counselling

- Life Skills / 21st Century Skills
- Pre-adolescent and Adolescent Education Program (AEP)
- Academic Supports – time management, organizational strategies, building concentration, enhancing memory, etc.
- Awareness of Substance Abuse, Gadget Addiction, Cyber Safety, etc.

Career Counselling

- Insight into individual strengths and weaknesses in areas such as abilities, skills, interests, etc.
- Career Awareness activities
- Career Assessments

Other Assistance

- Psychological First-aid
- Supportive Environment for the significant development of all students, including those with special needs (PwD)
- Safeguard to Human Rights of all Members of the School Community
- Psychological or Need-based Assessments for Personal as well as Professional growth

Psychotherapy

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Eclectic Therapy (ET)
- Integrative Therapy (IT)
- Other Psychological Techniques