

"beneficial to all pupils" - Female, aged 16

My Mum was at a parents evening one night and she was saying to my teacher that I was really nervous about my exams and my Guidance teacher suggested that we have a counsellor at our school, which would be beneficial for you. So he put my name to her and and that was it really, then I spoke to her once and then I decided that I'd go every week really.

I just thought, well I sort of thought of something quite, somewhere you could go and sort of tell someone how you feel, if you have got any problems, or you know something like that. I didn't really think much of it, you know.

Usually the Guidance co-ordinator would send a slip and I would, I would have to go and see her like one period, like I'd have to miss a class. And then I would go and see her, and, I would spend mostly the period with her, but it always caused problems, like my friends would be like "where are you off to", and I am like "I am going to this meeting" and they would be like "what's the meeting about", you know and its like "oh I'm going to see a counsellor". "Why are you going to see a counsellor? It that not for other people to see?" you know they're like "what are you talking about, I'm like I don't really want to talk about it". And they are like "you should be able to talk to your friends" and I am like "I don't want to," its something, you know, you want it to be confidential. So I had a bit of a problem with my friends 'cause they were annoyed at me for not telling them my problems. But that's why I go to the counsellor, you know to talk to her about my problems that are troubling me, but I don't really want to talk about them with other people. So...

I feel that I can sort of handle a situation better, 'cause I used to worry a lot about things, and like she sort of helped me, sort of overcome this like sort of being nervous about things so much and like, yeah, 'cause I used to worry about really miniscule things and she is like, you know you just have to sort of let it blow over and just take a deep breath. And she helped me, different kinds of methods to overcome like worrying and things so I did find it very beneficial. You know I am able to talk to people who I have got a problem with and then, I cant think of anything else right now but definitely, it was a worrying part, and exams, like that was the big main thing. I was really nervous at my Prelims and em, I was really nervous about it, but this time, like my exams in May I was much more calm, definitely, because I had been going to see her, and I didn't feel as worried you know about them. So yea, it did help with my exams a lot.

I didn't mind my Mum, like talking about it to my Mum 'cause I knew she's be like you know, she didn't ask me lots of questions about it, she just was like "you can tell me what you want". You know I didn't mind talking to Mum about it. And I asked my Mum as well you know I was like "Have you noticed the difference" and she was like "Yeah, I think you, you know, don't worry about things as much as you used to", you know, so my Mum did see a benefit as well.

Well I think the counsellor listens to you, you know she doesn't just like tell you all the things you need to do and stuff, you know, she like listens to you and listens to your problems, and like she tries to think of ways that you can overcome them. Like she always came up with different methods like breathing exercises or, writing down your problems or whatever it was, so I think she'd listened to you and she gave you loads of ideas.

She would think about it, I think it was the method, the way she, you know, the methods she gave me to overcome the worrying that really helped, helped really.

I think it would be beneficial like to the pupils in the school, whether they like, if they are like quite rebellious or if they are quite shy, or if they don't work well in class. You know it could benefit a wide range of pupils, and it probably would help the school in the long term, because, you know, they wouldn't have to worry about all the pupils you know, so I think it would be beneficial for another school to do it as well. It would definitely help the pupils with school work and things

I think there is always going to be a bit of worry in me but you know I always seem to, all my friends say, an' my Mum said it, that I still seem to over react and worry about things. So it has helped me but it's not completely cleared you know completely. But it's definitely helped it but it's not cleared completely, you know, its not.