Following the American School Counselor Association Professional standards helps a school counselor maintain professionalism with students and their families, stakeholders, administration, and school faculty. A school counselor should also demonstrate an understanding of the educational system to better assist students and their families with academic concerns.

Solution-focused therapy or solution-focused theory is what I use while working with students, especially at the primary level.

Being knowledgeable in working with diverse populations is imperative for school counselors to provide a positive, comprehensive school counseling program that will promote and enhance all students' academic, career, and social/emotional outcomes.

Being a school counselor allows me to see and talk to students who are struggling socially, emotionally, and mentally at school or home. I can be the voice for these students in pushing change in how mental health is addressed in schools and encourage and push for changes to be made for the availability of mental health services to all students, regardless of family income.