

Reflection on Use of Time Analysis

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SCN605: School Counseling Internship I

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May 10, 2023

While it took a while to get used to the different “verbage” and descriptions used on the ASCA tracker versus the Lopes Activity Tracker that has become a common part of work days during the season of Internships and Practicum, once they became familiar the exercise was found to be useful and insightful. With the current day-to-day activities not being the norm (there is a focus on state testing and forecasting for the next school year), I decided to go back a few weeks to a more normal week.

I feel that the ASCA’s recommendation of eighty percent of time being with direct and indirect services is being met in the current internship. It is helpful that daily time is built in where the counselor is able to work directly with seniors, either individually or in small groups. There is also still time found to meet with the other high school and junior high students as well, either as prearranged meetings or as needs and emergencies arise. A large amount of time is spent with what the ASCA deems “fair share” duties. At the same time, these moments allow for laidback rapport and relationships to build with students and can really help the counselor be able to speak with nearly every child weekly. The setup is a solid one overall.

While direct services are strong, there is also ample time to work through data such as grades and attendance to help determine what students may benefit most from pullouts with the school counselor. I have noticed that there are times where there is enough daily time to keep up with the indirect services, and there are other times where there seems to always be a lineup at the school counselor’s door throughout the entire day. My supervisor made it clear that there are periodic times where you need to shut the door to keep up: if it’s a real emergency, they will figuratively or literally knock.

One area that would help benefit students with indirect supports would be stronger ties with Klamath Basin Behavioral Health (KBBH). While the school already has two KBBH staff members in the school at least twice a week, they have many more resources and supports

available that they are working hard to get out into the community and to our students. Though we are more rural than most of the schools they serve, working on these ties could help get more services available to our students. There could also be the possibility of more summer supports that the school district isn't able to offer at this time.

In the end, the current analysis shows time being spent quite well. More collaboration could help, but again there are other times where that amount far exceeds the expectations. It would be interesting to look at entire year or even just a semester to see where the percentages end up.