



# WHAT IS SCHOOL COUNSELLING LIKE AT RCHK

## FAQs for Secondary students

### What is school counselling like?

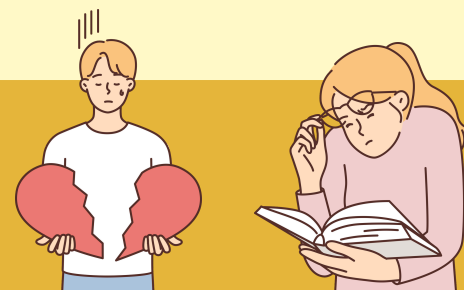
Talking to a trained professional about your thoughts, feelings, and experiences in a safe, confidential space. RCHK has a range of qualified professionals that you can talk to; some are counsellors and some are social workers.



### What will we talk about in counselling?

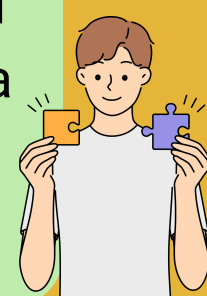
***"If it matters to you, then it matters to us."***

You can discuss anything that's on your mind, including relationship issues, school concerns, family difficulties, and your emotional well-being.



### What if I don't like my counsellor?

At RCHK, you can switch counsellors if you don't feel a good connection. It's important to feel comfortable with the person you're working with. If you have a preference, we can match you up with a counsellor who can work with you in English, Cantonese, or Mandarin.



### What will happen in a counselling session?

The most important thing is that you feel supported and comfortable with your counsellor, so you feel able to share your thoughts and feelings. No matter what the issue is, we will listen and take your concerns seriously. Sometimes a counsellor will ask questions to better understand your situation, and suggest drawing, writing or playing games to help you feel better.



### How long will it last?

A session usually lasts around 30-50 minutes. Most students are happy to meet during lesson time. Alternatively, counsellors can meet with you during break, lunch, or after school. Depending on your needs, some feel better after a few sessions, others may need a few more. This would be something you can ask your counsellor about. At times, it can take a couple of sessions for you to feel comfortable with your counsellor and open up.

### Is it confidential?

Confidentiality is a priority in counselling, and your counsellor will usually talk to you about this when you first meet. In general, most students feel comfortable with someone at school knowing they are receiving counselling (e.g. your Head of Year, Vice Principal for Wellbeing).

Depending on what it is you want to talk about, we do not always have to inform parents, but counsellors are required to report certain situations to others, including parents, if a student is in danger or planning to harm themselves or others.



### How to get in touch with a counsellor?

There are many ways you can get in touch.

- Email the Head of Counselling directly with [conrom2@rchk.edu.hk](mailto:conrom2@rchk.edu.hk)
- Let your advisor or Head of year know, and they will get in touch with us
- Use the QR code on the posters around the school or in the student bulletin
- Talk to your parents, and they can get in touch with us

### About specific concerns:

#### What if I'm feeling anxious or down?

Counselling can help you learn coping mechanisms for managing anxiety and low mood.

#### What if I'm struggling with school or relationships?

Counselling can help you develop strategies for improving your academic performance and navigating social situations better.

#### How can I build my self-esteem?

Counselling can help you identify your strengths, challenge negative thoughts, and build a more positive self-image.

