

**Guidance and Counselling Department
Services to Pupils and Parents**

Counselling may include personal counselling, educational counselling, career counselling or combinations of these.

What is Guidance Counselling?

Refers to a range of learning experiences provided in a developmental sequence, designed to assist students to make choices about their lives and to make transitions to these choices. These choices may be categorised into three distinct but interlinked areas:

- Personal and social
- Educational
- Career

(NCGE 2004)

Optional Subjects

- Students take **three** from:

- French

- Spanish

- Art

- Business

- Home Economics

- Music

Students can make appointments can be made via our email address or by using the 'Team chat' facility: guidance@loretofoxrock.ie

During term time, a 'drop in' service is available to our students.

Further information can be found on the school website.