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Educational Resilience of Pupils and the Role of the School Counselor in Its Development

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People face severe hardships and even face a "steelwork" effect due to difficulties.

- Resilience is the ability of people, their ability to cope, to recover from extremely hard and traumatic events, making them even stronger.
- Resilience is a notion that reflects the ability of an individual or a system to grow and prosper in unfavorable conditions.



Educational Resilience of Pupils and the Role of the School Counselor in Its Development

Educational resilience appears to be a necessity, in a society like ours, in which students face a multitude of situations that affect their school and professional development - from individual risk factors to systemic ones. **School resilience** consists in the ability of certain students to succeed from a school point of view, despite their difficult situation from a socio-economic, family point of view.



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The practice of educational, pedagogical, socio-pedagogical and therapeutic work is still based on the belief in a perfect real knowledge.



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The development of **educational resilience** is a necessity in our society, given that students face a multitude of adverse conditions - from individual to systemic risk factors - that affect their school and professional development.



Educational Resilience of Pupils and the Role of the School Counselor in Its Development

School counseling has an active and significant role in the development of students' educational resilience, both through interventions addressed directly to them and through programs addressed to teachers and parents, along with activities to promote school-community collaboration.



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Adverse conditions that threaten students' school success are called risk factors, namely those genetic, biological, demographic, behavioral, and socio-cultural characteristics that influence the likelihood of students' effective school progress.



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Categories of risk factors identified through scientific studies are poverty, community and school violence, chronic diseases, single-parent families, drug use, family conflicts, loss of a loved one, belonging to an ethnic minority.



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Counseling and specialized school assistance are two of the most effective educational activities, which promote and develop the educational resilience of students at various risk or vulnerability.



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Counseling and specialized school assistance:

- is defined as an interpersonal relationship of theoretical approaches assistance and support between a person specialized in psychology and educational counseling / teacher of different specialties and the group of students, for personal development and prevention of problematic situations and personal crisis or related to training for professional life
- assistance is a qualified approach, organized on scientific principles, which allows the provision of specialized assistance to those involved in the educational process



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The development of educational:

- objective of counseling and specialized school interventions, in both cases it is useful for students to be helped to know their own resilience and the resources they can rely on



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school counselors have an essential role in supporting students at risk, interventions can be made at all levels of specific activity - in individual, group or class counseling of students, in counseling parents, teachers or in adapting the school organization to the educational needs of the students, in building school-family-community partnerships that offer development opportunities to vulnerable students



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Interventions to increase educational resilience must be adapted to the specific profile of students, taking into account the psychological and educational characteristics, vulnerabilities and resources, learning motivation, the particularities of the student class, the families of origin and the community.



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The role of school counseling in developing students' educational resilience can be highlighted by reviewing the specific objectives of the activity.

