How does the school counselor of 20 years ago compare to the school counselor of today?

**Then**
- Title was “Guidance Counselor.”
- School counseling programs revolved around the interests/expertise of the individual counselor.
- School counselors graduated from various programs that required 36–39 credit hours and usually one clinical experience of 100–150 hours.
- Almost all counseling took place individually in the counselor’s office.
- Most school counselors were in high schools and middle schools.
- Caseloads varied between 250–600 students.
- A small percentage of students were identified as having special needs and acute mental health issues.
- School counselors at the secondary level were involved in postsecondary planning.

**Now**
- Title is “Professional School Counselor.”
- School counseling programs are developed from a foundation of data.
- Most school counselors hold a Master’s Degree in School Counseling, (requiring 48–60 credits), and have more clinical experience (150–700 hours).
- Counselors are fully integrated into the natural flow of the school day.
- Today’s model recommends multiple counselors in every middle school and high school and at least one counselor in every elementary school.
- Secondary schools strive for a caseload of 250–350 while elementary school caseloads continue to be much higher.
- Counselors address the needs of all students and are responsible for assisting with increasingly complex social challenges.
- All school counseling programs address equity and access issues—counselors help students with career planning and beyond.