

## Evaluation of PP Counselling – Sept 2021- July 2022

### Pupil Evaluation from

The Pupil evaluation identifies a pupil's development during the counselling process. A pupil will fill the form out during the first counselling appointment and during their last appointment. Due to unforeseen circumstances the last form does not always get filled (exclusion/sudden leave of school), these scores have therefore been left out of the percentages given below.

The evaluation percentages demonstrate therapeutic change and personal growth. For example, a personal feelings score (0-10 which translates 0%-100%) starting at 'not ok' is 2 and, at the end of counselling, the pupil records an increased score of 7 shows a positive +50% growth. Likewise, a starting score of 7 to ending at 9 score, shows a +20% growth. It isn't possible to then have +100% growth/change unless a pupil starts on 0 and ends on 10.

Following from the pandemic there have been added difficulties of lack of paper use and ending evaluations that were not completed, and verbal endings were done instead. These are not added within the figures below. It was noted by one particular pupil that the pandemic had a negative effect on their evaluation also. This may well have been the case for others and affected other scores.

### Evaluation Statistics

Table 1&2 highlights the percentage increase/decrease that has been drawn from the evaluation forms. The closing form also has two extra questions, seen in the attached document. The results of these two extra questions can be seen in Table 3.

- The amount of pupils showing a **positive** change individually and their overall sense of well-being, following counselling, was **100 %** of pupils
- The number of pupils seen for counselling during Sept 2021-July 2022 - **27**  
(Counsellor offer reduced to one day a week Nov 21 - July 22)
- Number of pupils who completed both start and close questionnaires - ...**14**....- others incomplete due to reasons above or continuing sept.
- Number for reviews completed July 2022 - **8**

TABLE 1 - PP only

	<b>Average percentage change from start to finish</b>	<b>Highest change</b>	<b>Lowest change</b>
<b>Individually (Personal feelings and emotions)</b>	+43%	+75%	+20%
<b>Overall (General sense of well - being)</b>	+41%	+70%	+20%

TABLE 2 - Non PP only

	<b>Average percentage change from start to finish</b>	<b>Highest change</b>	<b>Lowest change</b>
<b>Individually (Personal feelings and emotions)</b>	+48.75%	+60%	+20%
<b>Overall (General sense of well - being)</b>	+47.5%	65%	+20%

TABLE 3 - All

	<b>Y (yes)</b>	<b>N (no)</b>
<b>Have you found Counselling helpful?</b>	Y 100%	n/a
<b>Would you recommend the school counselling service to other pupils?</b>	Y 100%	n/a

There was also a space for 'Any comments' on the evaluation forms. Those that left comments or communicated their comments are highlighted below.

**Pupil Quotes from 2021-2022**

'I'm like a different person now for the better and more healthier'

'I definitely know myself more and am in a better place.. thank you so much for helping me'

'The difference since I started is huge'

'Its helped me so much, things to focus on, what to try and do if I struggle again and how to manage if things get tough'

'I feel so much better now than I did'

'It's like a huge weight has been lifted off and just come out of me'

'It's really helped coming'