

# Theories\_and\_Techniques....doc

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## **Theories and Techniques**

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### **Theories and Techniques**

If Jordan visited the college counselor, he would be provided with strategies and techniques that would enhance student attendance, behaviors, and achievement. The counselor would help him set goals for his academic success and standards. This includes helping him improve his time management, study habits and organization. This would help Jordan make a decision on how he would be able to handle his time in school. The counselor would also help Jordan work through some personal issues that he is experiencing, which are making him not concentrate on his studies (Galasi, 2017). These personal issues may include family problems, a bad company of friends, relationship issues with his partner or inability to make friends. The counselor could also help Jordan identify his aptitudes, strengths, and interest that would facilitate him having the right attitude on his studies. Thus, grading him the motivation to focus on raising his grades and feeling better at the same time. Such activities could include listening to music, engaging in co-curricular activities that can help him clear his mind and feel better.

The theory that can be used in integrating these techniques is cognitive-behavioral theory. This theory helps the counselor tap into the client's natural motivation to help them cope with their current situation. For instance, the college counselor could tap into the natural motivation in Jordan, which would allow him to develop a more positive thought pattern that is aimed at assisting him in regaining motivation and drive to enhance his ability to cope with and improve his current situation (Ma et al., 2020). That includes engaging him in activities that would reduce his anxiety and grant him the motivation to improve in his studies.

### **References**

- Galassi, J. (2017). Strengths-based school counseling: Promoting student development and achievement. Routledge.
- Ma, L., Huang, C., & Cui, Z. (2020). A meta-analysis of cognitive-behavioral therapy for depressive symptoms among college students, alone and in comparison, with other interventions. *Journal of Behavioral and Cognitive Therapy*.

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