Annex 14

# Contents of Individual Counselling for Students

* + 1. Self-introduction
* Self-introduction by the guidance personnel;
* Briefly introduce the purposes and ground rules (including confidentiality and mutual respect, etc.);
* Take care about students’ immediate basic needs, e.g. providing food and drinks etc.;
* Build rapport, and show care and concern for the student.
  + 1. Stabilise the students’ emotions
* Observe if student is emotionally stable;
* Stabilise the student’s emotions first, if necessary;
* Conduct individual counselling when it is certain that the student is emotionally stable.  
  + 1. Identify problems faced by the student due to the crisis incident
* Understand the student’s experience in the incident (\*Attention: Avoid asking the student to describe unnecessary or disturbing details);
* Note if the student has the thought of hurting himself / herself or others, and identify inappropriate coping strategies or solutions;
* Understand the student’s ways of solving problems and their social support network, such as support from family members or friends.  
  + 1. Help the student cope with the problems brought about by the crisis incident
* Learn about and help identify appropriate coping strategies and solutions;
* Jointly set goals and plans to solve the problems.  
  + 1. Conclusion
* Confirm that the student understands the appropriate coping strategies and actions.