

**THERE IS
AN APP
FOR THAT**

APPS FOR THE MODERN SCHOOL COUNSELLOR

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School counsellors today face high school students that are armed with more technology than ever before. Students have the wiles of the internet and social media at their fingertips and this can have both a positive and negative impact on their school life. Counsellors can embrace the new technology and welcome the smartphone lifestyle into schools, by way of the almighty "app". App developers have been creating various apps to help counsellors and students communicate and work through issues.

Some of the greatest hurdles facing today's high school students and counsellors alike are bullying, and the university application process.

STOPIT is an anti bullying app that was designed to safely and confidentially report cyberbullying incidents to school administrators and counsellors. It comes in two versions, one for the student body and one for the school officials. STOPIT enables students of all ages to become an upstander rather than a bystander by reporting cyberbullying attacks against friends or schoolmates. Students are also able to reach out for emotional and psychological support through the app. Counsellors can use the app to document electronic transmissions to recall for future investigation should there be an ongoing case. Additionally, it makes the students feel more comfortable because of the anonymity that the app provides if they prefer to make an anonymous tip - the student doesn't have to feel like a "tattle tale".

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