

BEYOND ACADEMICS: HOW GUIDANCE COUNSELORS SHAPE STUDENTS' EMOTIONAL WELL-BEING AND MOTIVATION TO LEARN

by:

Ma. Lyn F. Torrevillas

Guidance Counselor III, Bonifacio Camacho National High School

Guidance counselors play a crucial role in assisting students' emotional health and sustaining their motivation to learn. They recognize that emotions influence behavior, and behavior influences achievement. A learner who feels anxious or unmotivated may struggle regardless of academic potential. Also, guidance counseling programs substantially maintained learners' motivation during the pandemic by concentrating emotional concerns and fostering adaptability. According to Karunia et. al, (2023) revealed that effective management of counseling services improves students' attitudes toward learning. Counselors recognize that emotional wellness is not supplementary – it is vital to meaningful education.

Through ongoing collaboration with teachers, guidance counselors ensure that emotional support converts into practical strategies in the classroom. Counselors give teachers with perceptions into student behaviors and recommend appropriate interventions for learners who show signs of stress or disengagement. According to Bakar et al. (2022) emphasized that school-based counseling programs strengthen students' self-efficacy when combined with supportive instruction. In addition, organizing individual counseling sessions, group discussions, and classroom awareness programs, counselors promote resilience and optimism among learners. This holistic approach ensures that learners not only perform academically but also develop healthy coping mechanisms for life's challenges.

With this, learning extends beyond delivering knowledge – it involves nurturing emotional growth and a sense of belonging. When students realize that their emotions are acknowledged and their struggles are heard, they begin to regain confidence and motivation. Counselors regularly advocate for empathy-driven education, where teachers and parents work together to create an environment of trust and encouragement. As research continues to affirm the link between emotional well-being and academic achievement, the counselor's role remains necessary in shaping balanced, motivated, and self-aware learners.

References:

Bakar, M. F. A., Mohamad, M. M., & Sulaiman, T. (2022). The effectiveness of school-based counseling programs in enhancing students' self-efficacy and learning motivation. *Asian Journal of Education and Social Studies*, 30(1).

Karunia, M., Firman, & Che Amat, M. A. (2023). Management strategies for guidance and counseling services in schools to support student achievement. *Manajia: Journal of Education and Management*, 3(1).