

## “Unfortunate Reality”

By Jessica Sumuano

“This is a very dangerous time for our young people,” Kathy Harms, a staff psychologist at Kansas City’s Crittenton Children’s Center said regarding student’s mental health. Today’s students are experiencing depression harsher, due to the immense pressure at home or school. The majority of students under this circumstance are in low-income/high-risk environments. The unfortunate reality of the situation is the lack of resources that schools have for these occasions.

Let us analyze California’s current approach towards students. According to the Public Policy of Institute, CA educates more than 6 million children and more than half are economically disadvantaged. Los Angeles Unified School District is the largest public school system in the state of California and the 2nd largest public school district in the United States.

The district has faced a backlash from teacher unions like United Teachers Los Angeles (UTLA). In early 2019 on a historic gathering of a six-day strike of educators and students’ UTLA made the approach to fight for resources for Los Angeles public school students. Among the priorities which this union fought for were school counselors.

They recognized the importance that school counselors serve students, so why hasn’t the district reformed such a fault in this educational system?

As an LAUSD student, in my high school time, I have had a sit-down with my counselor a total of 2 times discussing my future. Luckily for me, I persisted and turned to teachers for guidance, I comprehended that I shouldn’t be frustrated at my counselor, instead, I understood for she was only one person with 400 students to attend.

It should not be difficult for students to want to seek out guidance from a counselor. Schools in all states should have more present and a reasonable limit of the student to counselor ratio.

Help in the form of counselors should be prioritized rather than a form of authority, that only seems to threaten then help students’ wellbeing.