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St. Lucy's Counseling Department

- Mrs. Valerie Stanton, Director of Guidance
 - Last Names A-I
- Ms. Valeria Leiva, Guidance Counselor
 - Last Names J-Z
- Mrs. Tricia Helper, Guidance Counselor
 - Part-time across all grade levels

Group Counseling

- Naviance account activation
 - Met with students in English classes and provided tutorial on how to utilize Naviance in the college going process
 - Showed students how they can research careers and colleges while saving their favorites to their list.

Group Counseling

- Freshman Orientation Groups
 - Met in small groups in order to become acquainted with their counselor and some new classmates.
 - Went over the counseling process
 - Checked in on how they are adjusting
 - Discussed study tips and organizational skills
 - Activated their Counseling Google classroom

One-on-One Counseling

- Routine appointments
 - Counselors will initiate individual appointment once a year.
 - Freshmen are seen during the first semester to check their adjustment to high school
 - Are they making friends?
 - How are they adjusting to the schedule?
 - What are their personal and college goals?
 - What are their favorite & difficult subjects?
 - Hobbies?

One-on-One Appointments

- Can be initiated by the student as many times as they want throughout the year by request

Common themes:

1. Problems making friends/ relationships
2. Difficult transition, adjusting to rigor of St. Lucy's
3. Personal issues at home
4. Grades & college counseling

One-on-One Appointments

- Counselor Initiated
 1. Grades
 - Low or failing grades
 - Ineligibility List
 2. By Referral
 - Teachers
 - Other students
 - Parents
 - Administration
 - Community members

Confidentiality

- Meetings with students are kept confidential unless a student is a danger to self, others, or someone is endangering them
- Counselors are Mandated Reporters
 - Report suspected abuse to authorities
- If a student requires medical attention we will contact parents

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Counselors Are Not Therapists

- As Guidance Counselors, we offer students guidance in life and the college going process. We are NOT trained clinical psychologist or therapists.
- Students in need of professional help will be referred out.

Academics: What Parents Can Do

1. Be involved, monitor grades on Teacherease
2. Help with organization
3. Have daughter do homework where you can monitor cell phone use and inappropriate use of the iPad.
4. Cell phones should be off!

Academics: What Parents Can Do

1. Encourage use of a planner
2. Check to see that homework is completed
3. Use of Notecards- not just the night before of a test or quiz. Quiz them.
4. Encourage them to ask for help. Have them see their teachers and counselor.

Academics Cont.

- On average, freshmen should have about 2 hours of homework a night. Honors classes will be more.
- If doing more than 3 hours a night, student should see their counselor.
- National Honor Society peer tutoring is available during lunch second quarter.

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Preparing Students For College

In addition to learning the curriculum, we want your daughters to leave here as confident, capable young women! It is important for them to take responsibility.

Our philosophy is to empower our students to handle their own academic concerns.

Protocol for Addressing Academic Concerns

1. Student to talk with teacher directly regarding an assignment, grade, etc.
2. If not resolved, Parent may call or E-mail the teacher. Please allow 48 hours to respond.
3. If not resolved after contacting the teacher, call or E-mail her counselor
4. If the concern has not been resolved after contacting her counselor, the Assistant Principal or the school Principal may be contacted.

Learning Disabilities

- If your daughter has a learning disability, it is extremely important to see her counselor to inform us.
- An IEP filed with the office does not necessarily mean the counselors have received a copy.
- If student struggles and a learning disability is suspected, notify us right away so that we can get her tested as soon as possible.
- Accommodations on standardized tests such as SAT and ACT need to be in place for 4 months prior to submitting accommodation requests.

Freshman Counseling Recap

- Group Counseling
 - Naviance Activation
 - Freshman Orientation Groups (Google Classroom)
- Individual Appointments
- This Parent Meeting
- Wellness Day- Event put on by the Counseling department second semester



Naviance

College & Career Readiness Platform

- www.student.naviance.com/slphs
- Parent Access: email counselor
 - Career & College Exploration
 - Assessments: Learning Style Inventory, Career Interest Profiler, SuperMatch College Search
 - Applying to College

GETTING PREPARED FOR COLLEGE



- Required/recommended courses (A-G Requirements)
- Importance of grades – all must be C or better
- Tutoring options
- Utilize summer school for making up D's or F's, or to enrich curriculum
- Visit campuses
- Explore careers on Naviance
- STUDY

OPTIONS FOR POST-SECONDARY EDUCATION

1. COMMUNITY COLLEGE - TRANSFER/VOCATIONAL
2. CSU - TOP 1/3 OF HIGH SCHOOL GRADS;
EMPHASIS ON UNDERGRAD
3. UC - TOP 9% OF HIGH SCHOOL GRADS;
EMPHASIS ON RESEARCH & GRADUATE
STUDENTS
4. PRIVATE - VARIES WIDELY – SEE NAVIANCE

1. COMMUNITY COLLEGES (2 year)

- Transfer/ Vocational
- Take assessment
- Take summer courses



2. CSU Admission



- ✓ Guaranteed Admission top 33% of CA high school graduates
 - exceptions: impacted campuses
- ✓ 2.0 GPA in A-G course required for admission to the system, but GPA of actual admits is higher for impacted campuses
- ✓ No Essays
- ✓ No Recommendations
- ✓ SAT or ACT Required

3. UC Admission



- Top 9% of CA high school graduates
- 3.0 GPA in A-G courses required for admission to the system, but GPA of actual admits is much higher
- Holistic /Other Factors
Extra-Curriculars etc.
- SAT with writing or ACT with writing
- Four personal insight questions

College Entrance A-G Requirements

REQUIREMENTS

ENGLISH

CSU
4 YRS

UC
4 YRS

MATH

Algebra 1, Geometry & Algebra 2

3 YRS

3YRS
4 YRS recommended

HISTORY

2 YRS

2 YRS

LAB SCIENCE

2 YRS

2 YRS
3 YRS recommended

FOREIGN LANGUAGE

(same language)

2 YRS

2 YRS
3 YRS recommended

**VISUAL & PERFORMING
ARTS**

1 YR

1 YR
(a-g list)

ELECTIVES

1 YR
(college approved)

1 YR
(a-g list)

REQUIRED TESTING

ACT or SAT

ACT or SAT

4. Private Colleges Admission



- Varies Widely
- Most Important is School Record, Course of Study
- Extra-curriculars
- Recommendations/Secondary School Report
- SAT or ACT (few exceptions) check for writing option
- Interviews
- Selective Colleges & some majors may require Subject Tests