

More on Midtown High School Counseling

High school is the final transition into adulthood and the world of work as students begin separating from parents and exploring and defining their independence. Students are deciding who they are, what they do well, and what they will do when they graduate. During these adolescent years, students are evaluating their strengths, skills and abilities. The biggest influence is their peer group. They are searching for a place to belong and rely on peer acceptance and feedback. They face increased pressures regarding risk behaviors while exploring the boundaries of more acceptable behavior and mature, meaningful relationships. They need guidance in making concrete and compounded decisions. They must deal with academic pressures as they face high-stakes testing, the challenges of college admissions, the scholarship and financial aid application process, and entrance into a competitive job market.

Meeting the Challenge

Secondary school counselors are professional educators with a mental health perspective who understand and respond to the challenges presented by today's diverse student population. Secondary school counselors do not work in isolation; rather they are integral to the total educational program.

Secondary School Counselors Implement the Counseling Program by Providing:

Classroom Guidance

- Academic skills support
- Organizational, study and test-taking skills
- Post-secondary planning and application process
- Career planning
- Education in understanding self and others
- Coping strategies
- Peer relationships and effective social skills
- Communication, problem-solving, decision-making, conflict resolution and study skills
- Substance abuse education
- Multicultural/diversity awareness

Individual Student Planning

- Goal setting, academic, & career plans
- Problem solving
- Education in understanding of self, including strengths and weaknesses
- Post-Secondary transition plans
- Educational counseling
- College advising/ Senior conference
- Testing, which may include interest inventories and personality tests

- Career counseling, which may include career information and job information
- Coordinate parent, teacher conferences & student-teacher conferences
- Student recommendations
- Work permits
- New student enrollment

Responsive Services

- Individual and small-group counseling
- Individual/family/school crisis intervention
- Peer facilitation
- Consultation/collaboration
- Counseling referrals
- Mediation

System Support

- Professional development
- Consultation, collaboration and teaming
- Program management and operation

Secondary School Counselors Collaborate with:

Parents

- Academic planning/support
- Post-secondary planning
- Scholarship/financial search process
- School-to-parent communications
- School-to-work transition programs
- One-on-one parent conferencing
- Referral process

Students

- Academic support services
- Program planning
- Peer education program
- Peer mediation program
- Crisis management
- Transition programs

Teachers

- Providing recommendations and assisting students with the post-secondary application process
- Classroom guidance lessons on post-secondary planning, study skills, career development, etc.
- School-to-work transition programs

- Academic support, learning style assessment and education to help students succeed academically
- Classroom speakers

Administrators

- Academic support interventions
- Behavioral management plans
- School-wide needs assessments
- Data sharing
- Student assistance team development

Community

- Job shadowing, worked-based learning, part-time jobs, etc.
- Crisis interventions
- Referrals
- Career education

Why High School Counselors?

High school years are full of growth, promise, excitement, frustration, disappointment and hope. It is the time when students begin to discover what the future holds for them. Secondary school counselors enhance the learning process and promote academic achievement. School counseling programs are essential for students to achieve optimal personal growth, acquire positive social skills and values, set appropriate career goals and realize full academic potential to become productive, contributing members of the world community.

Need an Appointment?

Students who want to meet with their counselor should schedule an appointment in the School Counseling Office. Students are required to have a pass from their teacher to meet with their counselor during class time. Parents who would like to schedule an appointment with the counselors should call or e-mail the counselor assigned to serve their child.