

# **Southlands Christian Schools**

## **Counseling Services**

**I Thess. 5:11 –**

**"encourage one another, and build up one another"**

### **High School Counselor:**

Mr. Alex Castro (Grades 9-11)

[acastro@southlandscs.com](mailto:acastro@southlandscs.com)

### **Assistant Principal of Counseling:**

Mrs. Maria Garcia (Grade 12)

[mgarcia@southlandscs.com](mailto:mgarcia@southlandscs.com)

Southlands Christian Schools provides counseling services to students in grades 9-12. The school counseling program facilitates development in three broad areas: academic, career and personal/social development. Each area of student development encompasses a desired outcome or goal.

The American School Counselor Association has developed national standards (goals) for each of these three areas of student development. The following standards serve as a guide to individualized counseling services provided at Southlands Christian Schools.

### **Academic development standards**

- Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
- Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
- Students will understand the relationship of academics to the world of work and to life at home and in the community.

### **Academic counseling activities provided at Southlands Christian Schools**

#### **(Grades 9-12):**

- Develop an individualized four year graduation plans with each student.
- Monitor student's transition from middle school to high school.
- Meet with students who are struggling academically and develop an action plan.
- Teach students about study skills, test anxiety, and other educational topics as needed.
- Support students academically by advocating for them as needed.
- Refer students to tutoring and other academic opportunities on campus.

- Meet with students to plan courses for each year according to each student's academic goals.
- Collaborate with teachers regarding student's academic issues.
- Closely monitor students who are struggling academic issues.

### **Career development standards**

- Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
- Students will employ strategies to achieve future career success and satisfaction.
- Students will understand the relationship between personal qualities, education and training and the world of work. Personal/social development
- Students will acquire the attitudes, knowledge and interpersonal skills to help them understand and respect self and others.
- Students will make decisions, set goals and take necessary action to achieve goals.
- Students will understand safety and survival skills.

### **College and Career Services activities provided at Southlands Christian Schools**

#### **(Grades 9-12):**

- Invite admissions representatives from many Universities to visit with Southlands juniors and seniors.
- Help students with career exploration and college preparation
- Guide students as they explore careers and college majors
- Inform students of college entrance requirements and monitor their progress in this area
- College counselor meets with each junior and senior to establish an individual college plan.
- Guide students through exploration of their learning style
- Writing letters of recommendation for students as part of the college application process
- Provide workshops and training for students and parents regarding college applications
- Interpret and discuss results of academic assessments with student or parent

### **Personal/social development standards**

- Students will acquire the attitudes, knowledge and interpersonal skills to help them understand and respect self and others.
- Students will make decisions, set goals and take necessary action to achieve goals.
- Students will understand safety and survival skills.

- Collaborate with administrator, teachers and staff to maintain a healthy school culture
- Provide spiritual support and guidance to students.
- Help students with character building and provide spiritual support.

### **Personal/social activities provided at Southlands Christian Schools**

#### **(Grades 9-12):**

- Accept referrals from teachers, parent, students, and staff regarding students that need personal/social support
- Meet with students individually or in group to address issues related to social development, self-image, self-esteem, friendships, and other problems that may arise.
- Refer student or families to outside resources if needed
- Collaborate with community organizations and leaders to promote a safe school environment
- Help students develop problem solving skills and conflict resolution
- Provide crisis intervention and individual or group counseling as needed
- Advocate for students needs