COFFEE WITH COUNSELORS



AGENDA

- Brief presentation
- Questions and Answer





MEET YOUR COUNSELOR

Monique Balentine (A-Gou)

Sylvia Lam (M-Sha)

Jessica Coscia (Gov-L)

Clay Stiver (She-Z)



ROLE OF A GUIDANCE COUNSELOR

Student Support

- Academic progress checking
- Transcript review
- Grade level classroom guidance unit
- Individual appointments
- Naviance/Career exploration
- Post Secondary planning
- Social emotional counseling
- Credit recovery planning
- Four year planning
- Student Assistance Team

Parent Support

- Parent Meetings by request
- ☐ Guidance night presentations
- Social Emotional resource information
- Academic resource information
- Coffee with counselors
- □ Parenting class (Student Advocate)
- ☐ Student Assistance Team



MONTA VISTA RESOURCES

- People
 - Teacher
 - Guidance Counselor
 - ☐ Assistant Principal
 - □ College and Career Advisor (A102)
 - Student Advocates
 - ☐ Richard Prinz (D204)
 - ☐ Ya-Huei Chi (Tuesdays)
 - □ School Psychologist
 - Coach

- ProgramsStudy Buddies (SBS)
 - Tutorial
 - □ Challenge Day
 - Sports
 - Clubs
- Websites
 - School Loop
 - Infinite Campus
 - Naviance
 - Monta Vista homepage

CHARACTERISTICS OF THE MOST SUCCESSFUL STUDENTS

- Effective communication with teachers
- ☐ Proactive in taking care of needs self advocates
- ☐ Sleeps 8 hours per night
- Leaves time for family and friends
- Pursue what they are actually interested in
- Know how to reflect on mistakes and learn from them
- Time management!
- ☐ Don't take on more than they can handle, and if they do, they know when to cut back
- Not obsessed with what everyone else is doing
- Enjoys the process of learning, not just the outcome



CHARACTERISTICS OF THE MOST SUCCESSFUL PARENTS

- Encourage student to follow their passions
- ☐ Listen to students thoughts
- Open communication
- Allow student to self-advocate
- Utilize school resources to find accurate information
- Spend quality time together
- Self-care
- Appreciate the differences in your children



TRUE/FALSE

- 9th grade doesn't really count
- 12th grade doesn't really count



- My student must have volunteer hours to graduate/apply for college
- If my student takes a certain number of honors and AP's they will get into a "good" college
- Colleges want my student to get to Calc BC ASAP
- My student needs to do an internship to get into college
- My student should do whatever their friends/siblings are doing



THANK YOU!

