## COFFEEWITH COUNSELORS



## AGENDA

- Brief presentation
- Questions and Answer



## MEETYOUR COUNSELOR

- Monique Balentine (A-Gou)
- Sylvia Lam (M-Sha)
- Jessica Coscia (Gov-L)
- Clay Stiver (She-Z)


## ROLE OF A GUIDANCE COUNSELOR

## Student Support

$\square$ Academic progress checking
$\square$ Transcript review
$\square$ Grade level classroom guidance unit
$\square$ Individual appointments

- Naviance/Career exploration
$\square$ Post Secondary planning
$\square$ Social emotional counseling
$\square$ Credit recovery planning


## Parent Support

$\square$ Parent Meetings by request
$\square$ Guidance night presentations
$\square$ Social Emotional resource information
$\square$ Academic resource information
$\square$ Coffee with counselors
$\square$ Parenting class (Student Advocate)
$\square$ Student Assistance Team
$\square$ Four year planning

- Student Assistance Team


## MONTA VISTA RESOURCES


$\square$ People

- Teacher
- Guidance Counselor
- Assistant Principal
- College and Career Advisor (AIO2)
- Student Advocates
- Richard Prinz (D204)
$\square$ Ya-Huei Chi (Tuesdays)
- School Psychologist
- Coach

- Programs
- Study Buddies (SBS)
- Tutorial
- Challenge Day
- Sports
- Clubs
- Websites
- School Loop
- Infinite Campus
- Naviance
$\square$ Monta Vista homepage


## CHARACTERISTICS OF THE MOST SUCCESSFUL STUDENTS

$\square$ Effective communication with teachers
$\square$ Proactive in taking care of needs - self advocates
$\square$ Sleeps 8 hours per night
$\square$ Leaves time for family and friends
$\square$ Pursue what they are actually interested in


Know how to reflect on mistakes and learn from them
$\square$ Time management!
$\square$ Don't take on more than they can handle, and if they do, they know when to cut back
$\square$ Not obsessed with what everyone else is doing
$\square$ Enjoys the process of learning, not just the outcome

## CHARACTERISTICS OF THE MOST SUCCESSFUL PARENTS

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


## TRUE/FALSE

- 9th grade doesn't really count
- $12^{\text {th }}$ grade doesn't really count
- If my student does I,000 hours of volunteering they will get into a "good" college
- 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!



