

★ The mission of the Quaker valley School District is to excel at educating students to become knowledgeable, self-directed, lifelong learners and ethical, responsible citizens.

The mission of the Guidance Department is to support the mission of the school district by addressing the academic, personal/social and career needs of students through our sequential guidance program. ★

## Counseling Team

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## Message to Parents and Students

It is important to recognize that your high school years are an important transition from youth to adulthood. It is a time to explore your interests while you prepare for challenges of post secondary education, vocational opportunities, and all the other complex responsibilities of the adult world.

The goal of this Guidance Office is to assist students in gaining self-understanding as a basis for setting constructive life goals, which are consistent with one's abilities, interests, and aptitudes. By stretching your limits now, more opportunities will await you in the future.

For more information and resources, please visit our website at [qvsd.org](http://qvsd.org).

## Quaker Valley High School Counseling Department

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Encouraging academic, personal, social and career development based on the National Standards developed by American School Counselor Association.

**625 Beaver Road  
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# How do Students Benefit from a School Counseling Program?

*The counselor's primary task is to help ALL students become better learners by providing a comprehensive program that meets their academic, personal/ social, and career development needs. This is accomplished by providing guidance curriculum, individual planning, responsive services, and system support.*

## Guidance Curriculum

### Classroom Guidance

The counselor teaches classroom lessons addressing basic life-long skills that are essential for academic, personal, and career success. Topics include decision-making, study strategies, goal setting, career interests and many others.

## Individual Planning

The School counselor serves as a resource for both parents and students. When education, personal, or career planning questions arise, feel free to contact your counselor. The counselor may assist you with:

- Standardized test interpretation
- Test taking strategies
- Behavior plans
- Interest inventories
- Course selection

## Responsive Services

### Individual Counseling

Individual counseling is available for those students who need to talk. Students can receive individual counseling services through self-referrals, parent referrals, teacher referrals, or from counselor observation.

### Group Counseling

Throughout the year, there will be opportunities to be part of a small group. Students will be invited to participate in small groups based on voluntary sign up by the students. Parent permission will be obtained before students participate in a small group. Topics will be determined by the need of students each year, however possible topics may include:

- New Students
- Stress Management
- Study Skills
- Changing Families
- Loss

### Referrals

There are times when a students and/or family may benefit from a more specialized source of help. In these cases the counselor serves as a resource for families in referring them to social and community agencies.

### Peer Support

Volunteer students with strong academic skills are trained as mentors by the counselor to offer tutoring and support for younger students.

## System Support

The counselor seeks to enhance the total school counseling curriculum by providing professional development for staff members, collaborating with community agencies, and working as a team with parents, teachers, and administrators.

**Counselors follow the ethical standards of confidentiality set forth by the American counselors' Association.**