

# School Counseling Team: for ALL students

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- apply academic achievement strategies
- manage emotions and apply interpersonal skills
- plan for postsecondary options (higher education, military, work force)

**Communication**

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**Access**

**Collaboration**

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**Email, Naviance, Canvas, Teams**

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**Ms. Hamill**



**Ms. Dessaso**



**Mr. Stahl**



**Ms. Gilbert**



**Ms. Palmer**

**Ask us for help if you need it!**



**Ms. Jenkins**



**Ms. Reeve**



**Mr. Espinoza**



**Ms. Moore**



**Ms. Kroeger**

# Frequently Asked Questions

What do counselors do? Support students in three main areas - academic, social-emotional, and college/career readiness. We monitor student achievement, track graduation requirements, help with self-advocacy, problem-solving, and with college/career planning. We also do responsive services for crisis and risk-assessment, assist with the Special Education process, serve as 504 case carriers, and serve as a resource for families.

When would a counselor contact a family? If a teacher reaches out to express concern regarding a student. Poor academic performance. Social-emotional concerns. A change in student behavior or administrative discussion about the student in the school environment. If a friend expresses concern to a faculty member, it is usually referred to the counselor.

How can a family contact a counselor? Counselors are available during the school day via email, phone, or a Teams meeting.

What supports can counselors offer in the school environment? Individual meetings, group meetings, classroom lessons.

When do counselors meet with students? Each year, for academic planning. In 9th grade, through the English/History blocks. In 11th grade, to start college planning. In 12th grade, for college applications and post-secondary planning.

# Frequently Asked Questions

**Who do the counselors work with?** Counselors are divided in two teams - 9/11th grade and 10/12th grade. We work with the administrators for our grade level to identify students who are struggling and implement appropriate interventions. We also work closely with Special Education case carriers, our two school psychologists, our two social workers, our testing coordinator, our drug and alcohol counselor, and our college counselor. We are supervised by Mark Rooks, the Director of Counseling.

**What areas can a counselor help with?** Stress management, coping strategies, academic support, goal-setting, organization, college planning, career exploration, friendship issues, mental health support and referrals, decision making, course planning, graduation requirement tracking.

**How do counselors help with college and career planning?** We help students choose classes to explore areas of interests. We use Naviance, a web-based platform for college planning and career exploration.

**How do counselors communicate?** We send out many announcements and emails to our families through Naviance. We send out messages to students through Canvas. While we are virtual, we are available via phone, email, or Teams. We have periodic parent evenings (Freshman orientation, Junior Planning Night, Senior College Night, parent coffees, Academic Planning night, etc.)

# Frequently Asked Questions

What is the trusted adult concept? Our goal is for each student to have a trusted adult at Yorktown. We want each student to identify one adult at Yorktown that they feel is their “trusted adult” and they can confide in or speak with.

What are the confidentiality rules for counseling? Counselors are required to abide by confidentiality rules unless the student discloses information that will cause serious or foreseeable harm to themselves or someone else.

How are students working with counselors for scheduling for next year? Students have been added to an Academic Planning Canvas page. Counselors have already done one school-wide lesson on picking classes and we are doing additional events this week. Students will enter their course selections into Naviance. Counselors will follow up by meeting with students to review and discuss their course selections. However, we are available to answer any questions you may have anytime!

How do counselors help with mental health concerns? School counselors do not provide therapy or long term counseling. However, we are prepared to recognize and respond to student mental health needs and to assist students and families seeking resources.

# Frequently Asked Questions

Does the counselor's role change each year? The basic functions of our job remains the same as students progress through high school. As they become upperclassmen, there is more of an emphasis on post-secondary planning and we help manage the college application process.

What resources are available for academic planning? Counselors are meeting individually with students. We have a Canvas page with resources. We are hosting some parent information sessions and are creating video tutorials to help students through this process. There is also a Program of Studies on the APS web page with info about all courses.

Should I reach out? When would a counselor reach out? Always feel free to contact us with questions or concerns. We work with parents as much as we work with our students! We do try and provide information to our families throughout the year. But if you have a specific concern regarding your child, we encourage you to set up a time to discuss with your child's counselor.