

COVINA HIGH SCHOOL
TRAWEEK MIDDLE SCHOOL
GROVECENTER- ROWLAND - MANZANITA - WORKMAN



SCHOOL COUNSELING PROGRAM & RESOURCES





AGENDA

Introductions

Role of School Counselor

Covina & Traweek Counseling Program

Academic Support

College/Career

Social/Emotional

School Counseling During Distance Learning

COVINA HIGH SCHOOL COUNSELORS

**WENDY
TRAVIS**

Students with Last Names
A-Ga



**WINLOR
CHANG**

Students with Last Names
Gh - O



**JOSH
WASHINGTON**

Students with Last Names
P-Z



COVINA HIGH SCHOOL COUNSELING DEPARTMENT

ANDREW PEREGOY
SCHOOL PSYCHOLOGIST

SAMANTHA BANDSTRA
ASW

LAURIE PIEPER
COUNSELING CLERK

ELIZABETH ROMERO
COLLEGE AND CAREER CENTER ASSISTANT

TRAWEK COUNSELING DEPARTMENT

CHRISTINA ROJAS
SCHOOL COUNSELOR



ERIC AVELAR
SCHOOL PSYCHOLOGIST

MARIBEL FUENTES
ASW



ROLE OF THE SCHOOL COUNSELOR

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL



COVINA HIGH SCHOOL COUNSELING PROGRAM

MISSION STATEMENT

The mission of the Covina High School Counseling Department is to provide all students with a proactive and equitably comprehensive program to address students' academic, college/career and social/emotional needs. Through partnership and collaboration with all stakeholders, Covina High Counselors work to ensure students become successful, contributing citizens and lifelong learners in an ever changing world.



TRAWEEEK COUNSELING PROGRAM

MISSION STATEMENT

The mission of the Traweek Middle School Counseling Department is to provide all students with equal access to a comprehensive, and developmentally appropriate program that supports students' academic/career goals, and social-emotional needs. Through partnership and collaboration with parents, guardians, staff, and community members, we strive to empower all students to become successful, productive, lifelong learners.



ACADEMIC SUPPORT

Collaborate with teachers, students,
parents, and administrators

A-G and Graduation Status (high school)

Class Scheduling

Tutoring Resources/Office Hours

SST Process

504 Accommodation Plans

Additionally for Middle:

Grade level Tutoring

Paper.co

Intervention Placement

Engagement programs



HOW TO ASK FOR ACADEMIC HELP?

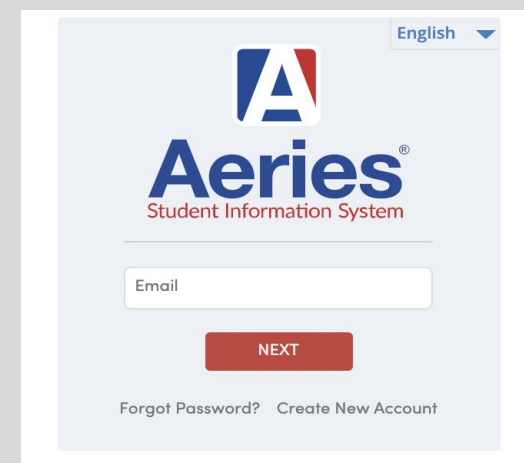
If your child is struggling with content in a class:

- 1) Have a conversation with your child about what is going on in the class
- 2) Reach out to your child's teacher via email and share with them what you discussed
 - a) Ask for support, clarification on an assignment, tips to help them through the content, etc.
- 3) Be sure to give teachers a day or two to respond via email
- 4) If you need further assistance, always feel free to your contact a counselor or administrator for support

**It's OK to ask
for help**

ACADEMIC SUPPORT TIPS

1. Understand virtual classroom expectations and become familiar with Google Classroom and Aeries Parent Portal (check regularly)
2. Determine what type of activities work best for your child
3. Encourage movement during breaks, after school, etc.
4. Reduce distractions if possible
5. Help students organize daily work by using a checklist/planner
6. Give your child (and yourself) a break when things get overwhelming
7. Provide immediate positive reinforcement and feedback



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COLLEGE/CAREER

- Career Surveys (Naviance)
- Work Permits (College and Career Center)
- College Search and Planning (Naviance)
- College Week (Middle School)
- AVID (High School & Middle School)
- Financial Aid Assistance (College and Career Center)
- Scholarship Opportunities (College and Career Center)
- Application Workshops (High School)
- College Application Resource (College and Career Center)



ROLE OF THE SCHOOL PSYCHOLOGIST

- Case manager for all SAI students
 - Write legally compliant IEPs, coordinate and attend IEP meetings & ensure IEPs are within timelines
- Conduct initial and triennial psychoeducational assessments for SAI populations
- Provide DIS counseling for students who have counseling written into their IEP services and create and update social/emotional goals
- Consult with teachers and other service providers to provide the most appropriate services for special education students
- Conduct/ Assist with risk assessments and create re-entry plans
- Provide crisis counseling as needed



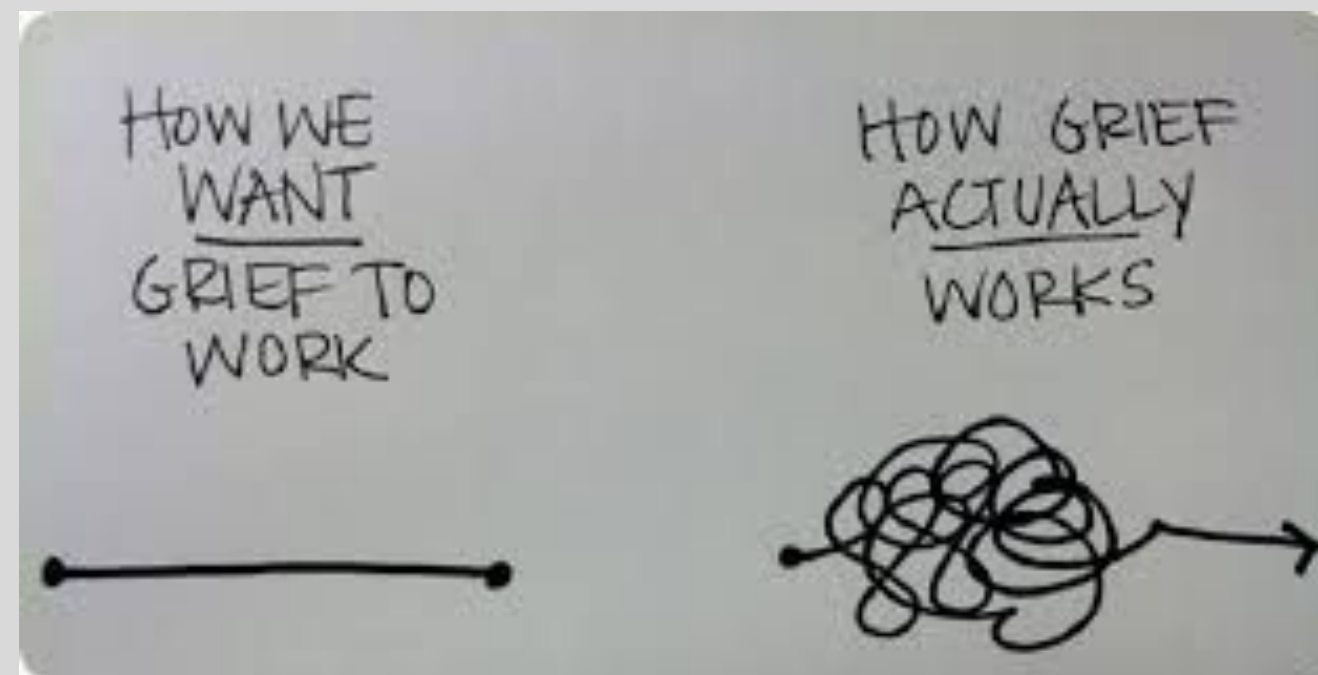
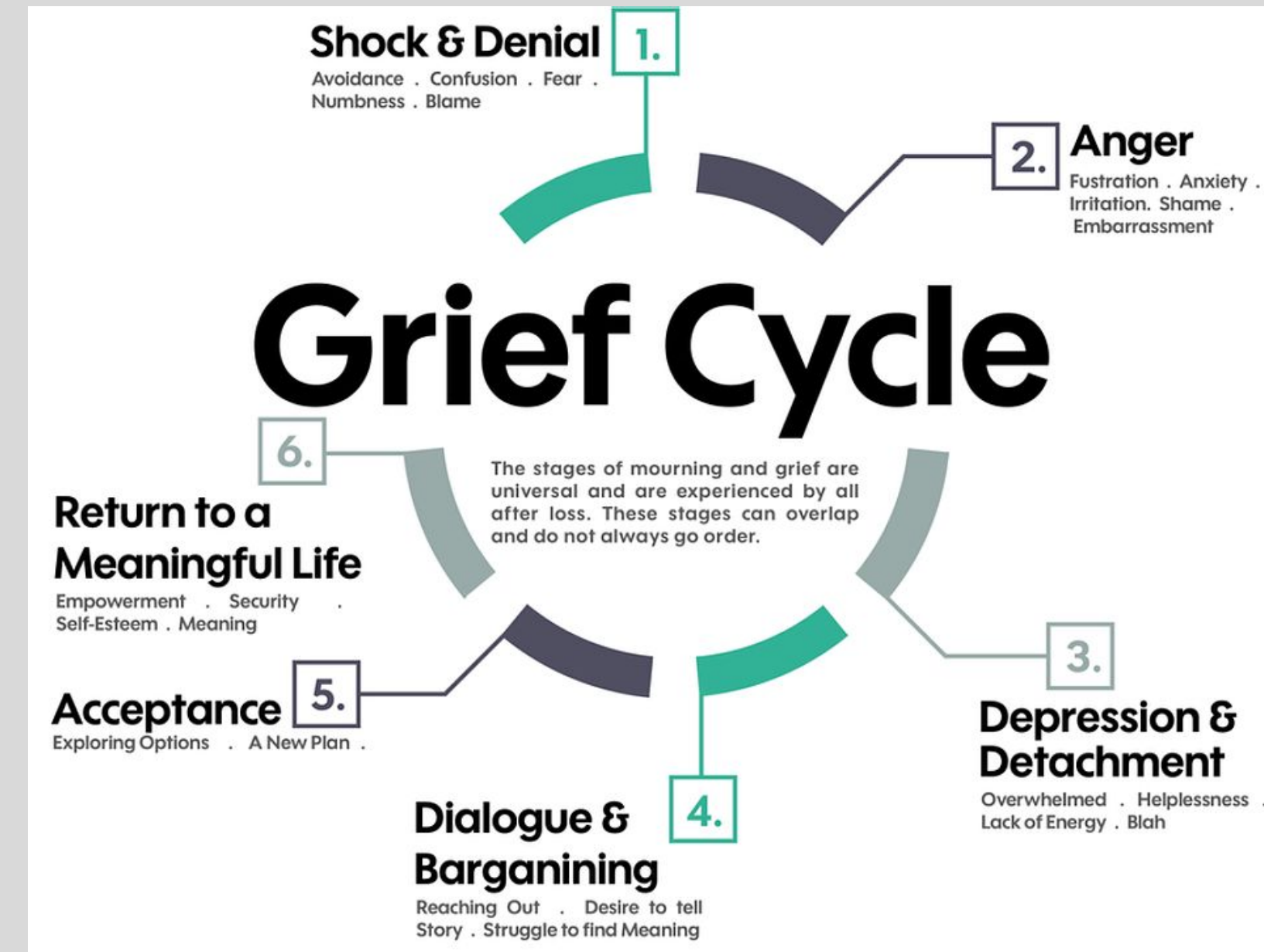
SOCIAL/ EMOTIONAL WELLNESS

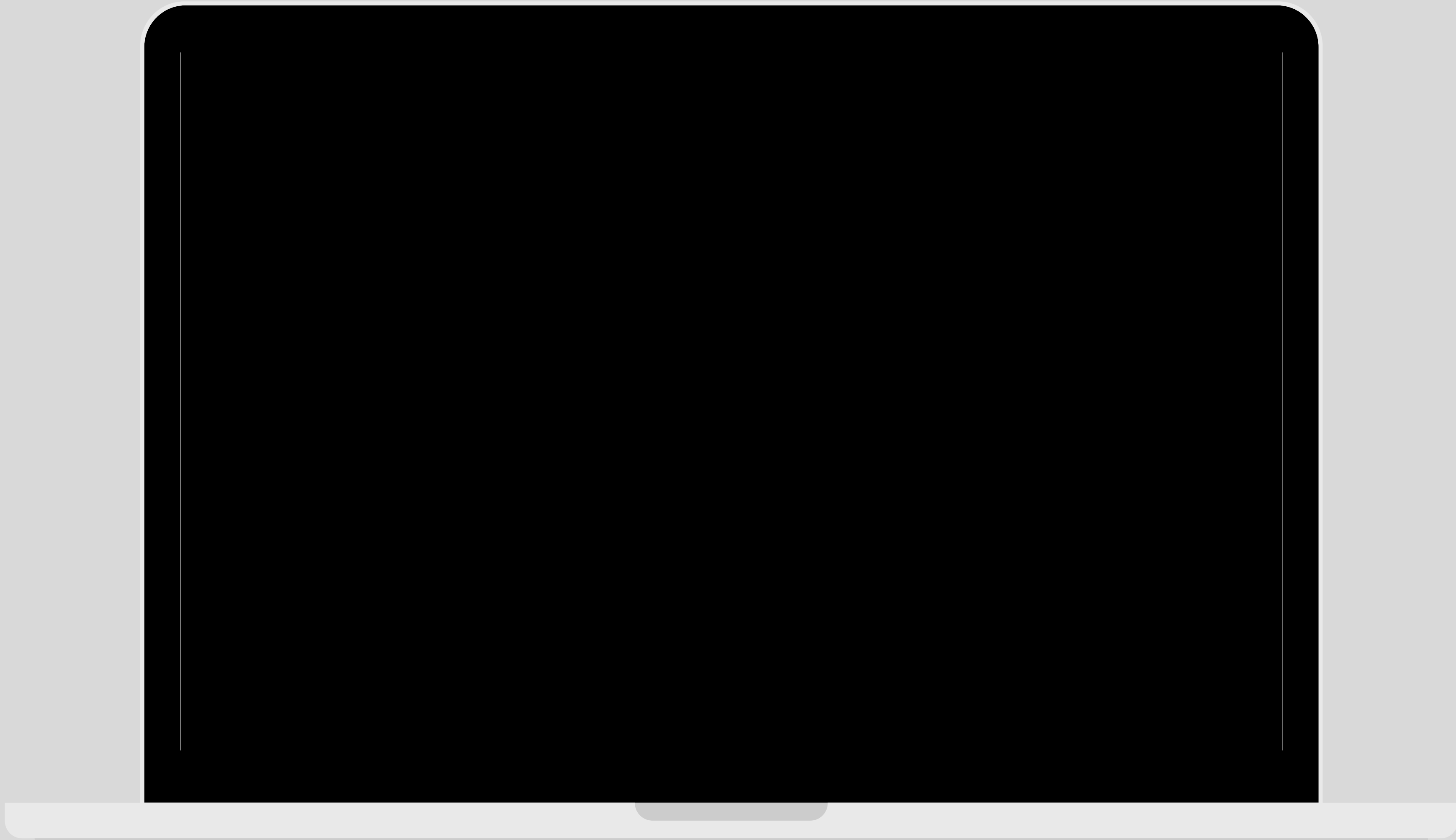
- Student Involvement (Clubs, Athletics, ASB)
 - Suicide Prevention (S.O.S program)
 - Crisis Intervention
 - Social/Emotional Learning Lessons
 - Wellness Support
 - Community Referrals/ Caresolace
- District Social Workers/Mental Health Counselors



GRIEF & LOSS

- Counselor Check-ins
- Counseling Google Classroom resources.
- Care Solace
- Grief Small Counseling Group (Middle School)
- ASW Intern Support





Mental Health Services

Overview

Mental Health Resources

Trauma and Grief Team

COVID-19: Coping and Emotional Wellbeing

School-Based Mental Health Counseling Referral Form



Mental health impacts not only our students but our families, schools, and communities.

School Social Workers are the link between home, school, and the community. Life stressors can often lead to changes in mood or behavior. Developing healthy coping skills can help address some challenges at school and in the home. We provide direct as well as indirect services to students, families and school personnel to promote and support students' academic and social success.

Student Support

- Individual Mental Health Counseling
- Group Counseling
- Crisis Support
- Risk Assessment
- Signs of Suicide Prevention Implementation

For Immediate Help

**IF YOU NEED IMMEDIATE HELP,
CALL 911.**

**FOR A PSYCHIATRIC EMERGENCY,
CONTACT THE DEPARTMENT OF
MENTAL HEALTH 24-HOUR ACCESS
CENTER AT (800) 854-7771**

COUNSELING SUPPORT DURING DISTANCE LEARNING

- Available through email, phone and Google Meets
- Google Voice (calls/texts)
- Classroom Lessons and Visits
- “Class of” Counseling and College and Career Center
Google Classrooms
- **Middle School** Counseling Website, Google form and
Ms. Rojas’ Google Classroom



SCHOOL
COUNSELOR
I'LL BE THERE FOR YOU

SOCIAL JUSTICE

Social justice in counseling represents a multifaceted approach in which counselors strive to simultaneously promote human development and the common good of our students through addressing challenges related to both them as individuals and our school-wide practices.

- Restorative Practices
- Community Resources
- Campus Clubs
- WEB: Where Everyone Belongs (Middle School)





COVINA HIGH COUNSELING UPCOMING EVENTS

- Classroom Lessons
- Scheduling for 2021-2022 School Year
 - grades 5-11
- Parent Education Classes
- Junior Parent Night
- SAT School Day ~ March 2021
- State and AP Testing
- Incoming 6th grade Parent Night
- College Week- Middle School

Course Selection Timeline

Class of 2022

Course Selection: Feb 1st - Feb 7th

Course Confirmation: Feb 8th - 19th

Class of 2023

Course Selection: Feb 8th - Feb 14th

Course Confirmation: Feb 15th - 26th

Class of 2024

Course Selection: Feb 15th - Feb 21st

Course Confirmation: Feb. 22nd - Mar 5th

Class of 2025

Course Selection: Early March

5th grade --> 6th grade

Course Selection: TBD



Covina High School Counseling Office

CONTACT US!

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@ColtsCounseling

THANK YOU!

