School Counseling Services

San Dieguito Union High School District

SDUHSD's **School Counselors** strive to ensure a safe and supportive environment in which all students acquire the knowledge, skills and attitudes needed for academic, personal/social and career development. We follow the American School Counselor Association (ASCA) Model of Comprehensive Counseling.

SCHOOL COUNSELORS

All SDUHSD School Counselors possess a *Pupil Personnel Services Credential* and *Master's Degree*. We are trained in both educating and counseling in the academic, career, and personal/social domains, allowing us to function as a facilitator between parents, teachers, and student in matters concerning a student's goals, progress and areas needing improvement.

WELLNESS EDUCATION FOR ALL STUDENTS

School counselors participate in the planning, and presentation of social and emotional wellness education and activities that occur for all students at each school site. Topics covered, but are not limited to, drug/alcohol education, decision-making, interpersonal skills, conflict resolution, managing emotions, and suicide prevention.

SOCIAL/EMOTIONAL NEEDS OF INDIVIDUAL STUDENTS

School counselors serve a critical role in identifying and addressing a student's social and emotional needs that may be a barrier to academic success. Counselors work with other members of their site support team (**i.e., school social worker, school psychologist**) to provide services directed at improving a student's social and emotional well being. Services are provided through individual, or small group counseling and referrals to community resources.

Get to know your Counseling Department!

ENCOURAGE YOUR STUDENT TO VISIT THE COUNSELING OFFICE TO FIND OUT ABOUT SUPPORT PROGRAMS AVAILABLE

GET TO KNOW YOUR STUDENT'S SCHOOL COUNSELOR. THEY CAN HELP TO ADDRESS CONCERNS & PROVIDE RESOURCES

VISIT YOUR SCHOOL SITE COUNSELING WEBPAGE FOR RESOURCES AND UPCOMING EVENTS

School Social Worker Highlight

All SDUHSD schools offer a tiered intervention model when addressing student needs. In some cases, when it is determined by a counselor, parent or guardian and other school support staff that a student is in need of a higher level of social and emotional support or their family may be in need of immediate assistance, they will be referred to the site's **School Social Worker.** School social workers are on campuses weekly and help address students individual and family needs.

School Psychologist Highlight

A school psychologist provides counseling services as specified by the Individualized Education Plans of students who receive Special Education Services. They work with students individually, in groups or through consult. They are also part of each site's school-wide support team and provide input on wellness education and activities.