

Narrative for Each Priority Area:

Essential Question: HOW do School Counselors ensure that students have the knowledge, skills, attitudes, and beliefs needed to qualify for and succeed in the postsecondary education and/or job training necessary for their chosen career and become knowledgeable, informed, and contributing members of society?

Priority Area 1 – 14. Not in any particular order.

Priority Area #1: Discover Strengths, Interests, & Learning Styles: Students understand that life decisions begin with an understanding of themselves as individuals. They are encouraged to identify their interests, strengths, and learning styles as the core of who they are in order to better understand and pursue their college/career dreams.

- Students develop a personal profile by completing assessments (Thrively & MBTI) that will help to identify strengths, personality type, and learning styles. Students will also identify and write out smart goals that are aligned to their personal profile.
- Grade-Level Timelines.
- Strengthening extracurricular engagement via lessons on the importance of building a well rounded student.

Priority Area #2: Better Understanding Diversity, Tolerance, & Cultural Proficiency: Cultural proficiency is a way of being that allows individuals and organizations to interact effectively with people who differ from them. It is a developmental approach for addressing the issues that emerge in diverse environments. Enhancing your capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges are essential components toward achieving culturally proficiency. Growth in this area integrates and promotes intrapersonal, interpersonal, and cognitive competence.

- Platform Project on identifying values, attitudes, & beliefs.

Priority Area #3: Prepare for the High School Journey: Students focus on their expectations for high school; understand that they will have choices around which courses and activities to participate in and that it is important to make good choices. They draft an academic plan for high school that aligns what they need to do with what they want to achieve. Students understand the academic sequence of middle school-high school-college, know the academic requirements for passing through each grade; understand how the academic choices made in middle school can expand or limit the options available later.

- Freshman Bridging Day in August.
- 9th Grade Success Presentations in September.
- SDH School tours – Magnet Monday's, October – March.
- Middle School Parent Presentations. October – May.
- Middle School Student Presentations. October – May.
- Why 9th grade matters presentations in September.

Priority Area #4: Learn How to Build Skills & Work Smarter: Students know that a few simple strategies can help them learn better, balance their busy lives, and achieve more. Students identify the organizational and study skills necessary to stay on track to reach goals; understand how these skills can be more effective when customized to fit one's own nature and personality; demonstrate this understanding by applying varying strategies and tactics to specific tasks.



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- Time Management guidance lessons.
- Developing good habits presentations.
- Organizing for success guidance lessons.
- How to use Cornell Notes.
- Goal setting guidance lessons.
- Study skill-builder presentations.
- How to manage test anxiety presentations.
- Developing mentorship/leadership opportunities for students.

Priority Area #5: Managing Emotions! Developing Your Emotional Intelligence (EQ): Students understand ways for increasing their emotional intelligence (EQ) using the four core EQ skills outlined in the book "Emotional Intelligence 2.0; self-awareness, self-management, social-awareness, & relationship management. Building these skills will help students to exceed their goals and achieve to their fullest potential.

- Anger management coaching.
- Self Awareness Guidance.
- Developing conflict resolution skills.

Priority Area #6: Value Enrichment & Extracurricular Engagement: Students understand how colleges view extracurricular activities; understand the difference between deep-involvement in one activity and lighter involvement in many; understand the self-development benefits beyond building a resume; learn that their extracurricular interests reveal their aptitudes.

- The importance of extracurricular activities.
- How to look for and get a Job.
- Internship/service learning opportunities.
- Importance of developing community partnerships.
- Understanding work permits.

Priority Area #7: Get Help & Support When Needed Most: Students identify people who can help them achieve their goals; understand they will have to speak for themselves at times in order to get what they need. Students understand that setting realistic goals and preparing for college and career involves resources outside of school as well as in school; understand how to effectively and safely use the internet as part of their support system; understand how involvement in activities enhances self-knowledge and development.

- Finding people who can help you.
- Your community partners for college & career success.
- The importance in communicating your goals to your family.
- Your school counselor and your future.
- Mental health information workshop.
- Stress management and conflict resolution presentations.
- Peer mentor program.
- Internet etiquette/bullying presentation.
- Substance use (drugs, alcohol, tobacco) interventions, support, workshops.
- Tutoring Support.

Priority Area #8: Navigate The High School Experience: Students know the importance of rigorous high school course work to college admission; know the course prerequisites and academic sequences necessary to succeed in those courses; understand the impact of choices on aspirations.

- Your High School Academic Plan: Students develop a comprehensive four-year high school plan aligned to strengths, interests, personality type, and goals. Students will identify and write out smart goals that are aligned to their high school plan.
- Back-to-School Orientation.
- School Counselors: Academic advising & coaching.
- Articulation "AVID classroom" presentations
- Back-to-school orientation, all grades



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- Exploring AP courses.
- What classes should I take?
- What are my graduation requirements?
- What are UC a–g requirements?
- What’s the difference between advanced, honors, AP, IB courses?
- Benefits to taking advanced classes?
- Failed classes and making up credits, now what?
- How to read & understand my transcript.
- Developing a personalized high school plan.
- Grade-level planning: what should I be doing now?
- Is the IB Diploma pathway for me?
- Understanding all of the pathways options on campus.
- Online courses and how they work.
- How to receive the Seal of biliteracy.
- Senior awards ceremony.
- Senior College Night.
- Summer school registration.
- Why 12th grade matters?
- Writing academic goals.

Priority Area #9: Career Planning! Getting Where U Want to Go: Students review the value of higher education and learn that college is possible for everyone; relate high school to college aspirations; understand the importance of goal setting and rigorous academic choices; consider pursuing advanced courses like AP/IB. Students will re-evaluate their high school progress, develop or revise their academic plan, become familiar with the various college and career application processes, and learn how to prepare for the road ahead.

- Setting Goals for Your Future: Students develop a comprehensive post-secondary plan aligned to strengths, interests, and personality type. Students will identify and write out smart goals that are aligned to their post-secondary plan.
- Resume writing tips.
- The Pathway from College to a Career.
- Planning your future.
- Academic planning for college and career readiness.
- ACCUPLACER exam information session.
- ASVAB exam information session.
- Writing career goals.

Priority Area #10: College Readiness! How U Prepare Makes a Difference: Students explore the many types and offerings of various colleges; learn what colleges look at, and learn about the different majors and programs offered. Students know the differences between degree levels and connect college/degree levels to careers. Students learn how to explore colleges in depth; align their interests and academic profile to specific colleges; understand the concept of reach, safety, and likely; create their college lists.

- High-Level Exam Preparation & Readiness (AP, IB, SAT/ACT, PSAT, Etc.).
- Exploring Colleges.
- Expanding Your College Knowledge.
- Where Do You Need to Be Academically?
- What You Need to Know About College Admission Tests.
- The Value of Education.
- Anyone Can Go To College.
- College Fairs & Campus Visits.
- What do Colleges Look for in Students?
- What can college do for you?
- Is a college degree for you?
- ACT & information session.
- AP exam registration.
- Graduation and UC/CSU requirements.
- Graduation planning.
- Upward Bound (SDSU, UCSD, SDCC) support services.
- Green PEAS program information.
- Aaron Price Fellows scholars.
- Understanding NCAA Clearinghouse and fee waivers.
- PSAT boot camp (test stress, test techniques, content review).
- PSAT exam score reporting: Understanding your results.
- SAT information session.



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- SAT/ACT Prep Course.
- SAT/ACT Fee Waiver.

Priority Area #11: College Life! Finding Your Best "Fit": Students explore the concept of "fit" and learn that the college search begins with an understanding of their needs and preferences; they learn about varieties of college types and college criteria; they relate these options to their goals and preferences; they learn how to research colleges; they learn how to evaluate college quality. Students see how college differs from high school and develop realistic expectations for what college will be like and how they see themselves fitting into a specific college program.

- How to Look for Colleges.
- Your New Life in College.
- Freedom & Responsibility.
- The Right College for You.
- Creating a Short List of Colleges.
- College exploration and selection process.
- College fair.
- College visits.
- Writing college goals.
- College readiness workshops preparing students/parents for college, leaving home, personal growth.
- Finding your best fit: college and career readiness.
- NACAC college fair.
- Transitioning to college.

Priority Area #12: Complete the College Application & Admission Process: Students are introduced to the "big picture" of the complete college search and application process, spanning junior/senior year; identify what has to be done and when; learn how to manage the process. Students learn how to complete applications. They learn how to pull all the components of the application together, and how to pace themselves so their applications are completed by the due dates.

- College Admissions: What to do and when to do it.
- Planning the college essay.
- Brag sheet overview.
- The college interview.
- Letters of recommendation.
- Common application.
- Counselor recommendation process.
- College admissions application assistance, review, editing.
- College Application Mentors.
- College Application Workshops.
- Fee Waiver (college admission).
- Naviance.
- Personal Statement Workshop.

Priority Area #13: Find The Money For College: Students know the financial aid process and timelines; understand how "need" is determined; evaluate how financial aid will affect their college options and choices; know how to make their case. Students know where financial aid comes from; know the basic components of financial aid; know the difference between "need" and "merit"; understand the relationship between academic success in high school and financial aid; know that families benefit by saving for college.

- Understanding the Financial Aid process.
- Understanding Scholarships.
- Understanding Your Options.
- Cal-Grant Registration & Information.
- The Cost of College.
- What Can You Do Right Now.
- How to Pay for College.
- College affordability planning.
- FAFSA, Dream Act.
- Financial aid & scholarship planning.
- National Merit Scholarship program.
- San Diego High Foundation scholarship application.
- San Diego Lions Club scholarship application.
- Scholarship planning & research.



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Priority Area #14: Stay Healthy: Physically & Mentally: We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions and become something longer lasting. They are medical conditions that cause changes in how we think and feel and in our mood. They are not the result of personal weakness, lack of character or poor upbringing. With proper treatment, people can realize their full potential, cope with the stresses of life, work productively and meaningfully contribute to the world. Without mental health we cannot be fully healthy. Taking action and raising awareness of mental health conditions can break down obstacles and improve the chance of recovery and the chance to be healthy for those needing support.

- Suicide Awareness presentations.
- Substance Use Prevention workshops.
- Alcohol/Drug Support.
- Cyber use issues and concerns.
- Handling peer pressure.
- YMCA Tides program.
- Family Health Centers.
- Mental Health Resource Specialists.
- UPAC Teen Recovery Center.
- School Psychologists.
- SDH Wellness Center.
- Dealing with bullies.
- Managing stress.
- Mental Health Support.

