

# WHY DO I HAVE A SCHOOL COUNSELOR?

We are here to support our students as they experience life as a teenager and develop skills to be successful throughout high school and in their future careers. We recognize the importance of students exploring career opportunities and learning life skills at a young age so they are prepared for higher education and entry to the workplace in the future.

The counseling office is a safe environment. We encourage students to visit whenever they need emotional, social, or academic support. We make every effort to have interactions with students during lunch or before/after school so students do not miss class time. However, we are always available to students throughout the day and encourage them to stop by and meet with their counselor whenever needed.

## INDIVIDUAL STUDENT PLANNING



Students and parents will meet formally with their assigned school counselor once per year during SEOP/CCR conferences to review and discuss the following:

- Current academic progress
- Course selection for the upcoming school year
- Four-year plan (courses through high school)
- Graduation and college entry requirements
- Scholarship opportunities
- Academic and personal goals
- Career options
- College and other post-high school education

**Mrs. Tracie McEwen-Garritson - A through F**  
**Ms. Tammy Belliston - G through N**  
**Mrs. Carma Ferrell - O through Z**

## RESPONSIVE SERVICES



Students are encouraged to visit their school counselor at their own discretion. We also encourage friends, teachers, administrators, and parents to refer students who may benefit from counseling services. Collaborating with parents, teachers, and community members, we can better ensure all students receive the support they need. We are available in our office throughout the day to help parents and students with any concerns, which may include:

- Friends
- Family
- Grief and loss
- Personal/ social issues
- Concerns with classes or teachers
- Suicidal thoughts
- Bullying
- Crisis
- Transition

**(801)402-7007**

## GUIDANCE CURRICULUM



We regularly visit the students in the classroom and organize events that allow students to explore and develop personal/social, life/career, multicultural, and academic/learning skills. This curriculum includes:

- Career exploration (7<sup>th</sup> grade CTE Intro lessons, Utah Futures)
- Character education (bullying, life skills, compassion, social skills, goal setting, Internet safety)
- Tool Day (career day)
- 7 Habits for Highly Effective Teens
- Reality Town
- Resumes, applications, and mock job interviews
- Field trips

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