

---

# COFFEE WITH COUNSELORS



# AGENDA

- Brief presentation
- Questions and Answer



# MEET YOUR COUNSELOR

- Monique Balentine (A-Gou)
- Sylvia Lam (M-Sha)
- Jessica Coscia (Gov-L)
- Clay Stiver (She-Z)



# MONTA VISTA RESOURCES



## People

- Teacher
- Guidance Counselor
- Assistant Principal
- College and Career Advisor (A102)
- Student Advocates
  - Richard Prinz (D204)
  - Ya-Huei Chi (Tuesdays)
- School Psychologist
- Coach



## Programs

- Study Buddies (SBS)
- Tutorial
- Challenge Day
- Sports
- Clubs

## Websites

- School Loop
- Infinite Campus
- Naviance
- Monta Vista homepage

# CHARACTERISTICS OF THE MOST SUCCESSFUL STUDENTS

- ❑ Effective communication with teachers
- ❑ Proactive in taking care of needs – self advocates
- ❑ **Sleeps 8 hours per night**
- ❑ **Leaves time for family and friends**
- ❑ Pursue what they are actually interested in
- ❑ Know how to reflect on mistakes and learn from them
- ❑ **Time management!**
- ❑ Don't take on more than they can handle, and if they do, they know when to cut back
- ❑ Not obsessed with what everyone else is doing
- ❑ Enjoys the process of learning, not just the outcome



# CHARACTERISTICS OF THE MOST SUCCESSFUL PARENTS

- ❑ Encourage student to follow their passions
- ❑ Listen to students thoughts
- ❑ Open communication
- ❑ Allow student to self-advocate
- ❑ Utilize school resources to find accurate information
- ❑ Spend quality time together
- ❑ Self-care
- ❑ Appreciate the differences in your children



## TRUE/FALSE



- 9<sup>th</sup> grade doesn't really count
- 12<sup>th</sup> grade doesn't really count
- If my student does 1,000 hours of volunteering they will get into a “good” college
- My student must have volunteer hours to graduate/apply for college
- If my student takes a certain number of honors and AP's they will get into a “good” college
- Colleges want my student to get to Calc BC ASAP
- My student needs to do an internship to get into college
- My student should do whatever their friends/siblings are doing



