

# Counseling Department



Cathedral's counseling office provides a caring, developmentally-appropriate, preventative, and comprehensive counseling program that integrates Holy Cross values and supports students in achieving their academic, social/emotional, and personal goals. Cathedral's counselors offer guidance in a nurturing environment for all students in our diverse population. Our goal is to ensure our students develop a healthy sense of self and relationships with others, preparing them for lives of leadership, faith, and service.

## School & college counseling (GRADES 9-12)

### GOALS

- To assist students in the transition to Cathedral High School
- To develop and support an academic plan which includes a four-year course plan
- To facilitate collaboration between teachers, students, and parents which focuses on personalized success methods
- Utilize Naviance and assist students in developing a comprehensive college and career pathway through Naviance and individual meetings
- Support students socially and emotionally

### METHODS

- Provide a wide variety of programs to meet the needs of all students in the college selection process
- Disseminate information through large group meetings, individual conferences with parents and students, and targeted communications
- Collaborate with our Learning Resource Center, teachers, parents, and college representatives
- Utilize Naviance and other counseling resources to track and provide information

## Cathedral 360

A PERSONALIZED  
EDUCATIONAL  
EXPERIENCE

Cathedral 360 is a comprehensive program designed to create a personalized educational experience for each student.

The Cathedral 360 program integrates all aspects of the school's unique approach to individual students. The program includes increased face-to-face counseling, academic planning, enhanced college counseling, leadership development, faith formation, and co-curricular activities.

Each Cathedral student has one school and college counselor for all four years of high school. Resources are made available to students starting in spring of 8th grade. Then, students remain with the same counselor all four years, providing the opportunity for in-depth understanding of goals, more valuable advice, and the beginning of a lifelong connection at Cathedral. Counselors will cover academic, college and social topics with students and serve as their main point of contact in the counseling office.

## Summary of the Four-Year School/College Counseling Process

### FRESHMAN YEAR

- Four-year planning, adjustment to high school, and intensive study skills workshops (summer)
- Collaboration with senior peer mentors facilitating adjustment to high school (fall)
- Naviance registration and creation of four year plan (fall)
- Grade checks every three weeks
- Individual check-ins with all freshman by school counselor (fall)
- Freshman Parent night (fall)
- Personalized scheduling for sophomore year (winter)
- Begin college planning process by starting student resumes in Naviance (spring)

### SOPHOMORE YEAR

- Grade checks every three weeks
- Naviance: Update Resumes, 4 year plans and Goals
- Personality and career exploration in Naviance through collaboration with Theology Department (spring)
- Personalized scheduling for junior year (winter)
- All sophomores take the PSAT test (fall)
- Pre and Post PSAT Information (fall)
- Sophomore College Information Night (winter)
- College Planning Workshop for Rising Juniors (summer)
- College exploration in composition class, including college research, essay, and resume

### JUNIOR YEAR

- Grade checks every three weeks
- All students and parents attend individualized college planning meetings with college counselors (winter)
- Visit with approximately 125 college admission officers on Cathedral's campus (fall)
- All juniors take the PSAT test (fall)
- Pre and Post PSAT Information (fall)
- SAT and ACT offered at Cathedral (spring)
- SAT Prep Class - multiple sessions offered throughout the year
- Mandatory scheduling meeting for senior year with college counselors (winter)
- Evening College Representative Panels for Juniors & Parents throughout the year
- College Application Prep Program (summer)
- College Exploration in composition class, including college research, essay and resume
- Naviance: College Search, Register for college admissions counselors visits, create your college list

### SENIOR YEAR

- Grade checks every three weeks
- One on one mandatory meeting with your college counselor in the fall and continued support through the college application process



- Visit with the approximately 125 college admission officers who visit Cathedral (fall)
- College application boot camp (fall)
- Senior parent college application nuts and bolts evening program (fall)
- On-site admissions programs for multiple universities (fall)
- Financial Aid Program (fall)
- College Commitment Day (spring)
- Naviance: Manage college application process, scholarship search

### Did you know?

- The class of 2019 earned nearly \$58 million in scholarship offers from schools across the country.
- Counseling department leadership occurs at both the national and state level through the National Association for College Admission Counseling, Indiana Association for College Admission Counselors, Indiana School Counseling Association, and the American School Counseling Association.
- 99% of students will be attending college this fall. 100% applied to college during their senior year.
- We have a full-time mental health counselor and therapy dog.

*We are always available for one on one meetings including working an additional 5 weeks in the summer.*

*Students have continued connection with their school counselor all four years providing academic, social and emotional support with access to their college counselor all four years.*

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