

The mission of the Rappahannock High School Counseling Program is to support all students by encouraging and fostering academic, career, and personal/social development. The Counselor work in partnership with students, parents / guardians, school personnel, and the community to achieve a support system to ensure all students have access to and are prepared with the knowledge and skills to be productive members of society.

**Rappahannock High School Counseling provides:**

- ❖ Guidance Curriculum: content delivered to ALL students
  - ❖ Academic skills support
  - ❖ Post-secondary planning and application process
  - ❖ Academic and Career planning
  - ❖ Education in understanding self and others
  - ❖ Coping strategies
  - ❖ Peer relationships and effective social skills
  - ❖ Communication, problem-solving, decision-making, conflict resolution
  - ❖ Career awareness and the world of work
  
- ❖ Individual Student Planning: assist students in planning their educational career development
  - ❖ Goal setting
  - ❖ Academic plans
  - ❖ Career plans
  - ❖ Problem solving
  - ❖ Education in understanding of self, including strengths and weaknesses
  - ❖ Transition plans
  
- ❖ Responsive Services: address the immediate personal concerns of students
  - ❖ Individual and small-group counseling
  - ❖ Individual/family/school crisis intervention
  - ❖ Peer facilitation
  - ❖ Consultation/collaboration
  - ❖ Referrals
  
- ❖ System Support: includes program, staff, and school support activities
  - ❖ Professional development
  - ❖ Consultation, collaboration and teaming
  - ❖ Program management and operation

The School Counseling office is located in the main office. Parents are encouraged to meet with the counselor to discuss their students' academic, career, and personal/social development.