

# Sobrato

COUNSELING OFFICE

# Academic Counselors



Ted Thomas  
Last Names: A-D



Jen Baez  
Last Names: Li-Ra



Maritza Contreras  
Last Names: E-Le



Dulce Velazquez  
Last Names: Re-Z

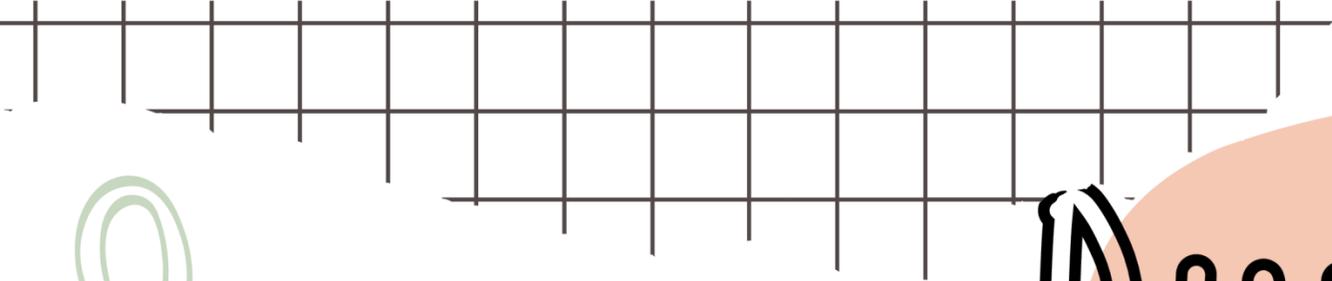
# Our services

## Who We ARE

- Master's Degree in Counselor Education + Pupil Personnel Service Credential
- Most Sobrato Academic Counselors originally started with TRIO or South County Cal-SOAP, specializing in services to marginalized populations, low income and first generation students

## What we do

- Master schedule + scheduling/changes, balancing classes, meeting with/presentations for students, transcript review/A-G, meeting with incoming students, orientations, inviting college representatives
- College applications and financial aid, scholarships, job applications, freshman success, College Day, College Fair, Senior Awards, College Signing Day, Cash for College, College Workshops
- 504, SSTs, family/teacher conferences, family presentations/events/financial aids, home visits, help with proctoring SAT, PSAT, AP, State Tests
- Caseloads of 400+, drop-in meetings with students for academic concerns, social-emotional check-ins
- District Independent Study and Credit Recovery
- Pulling grade data, creating reports, sending transcripts to universities



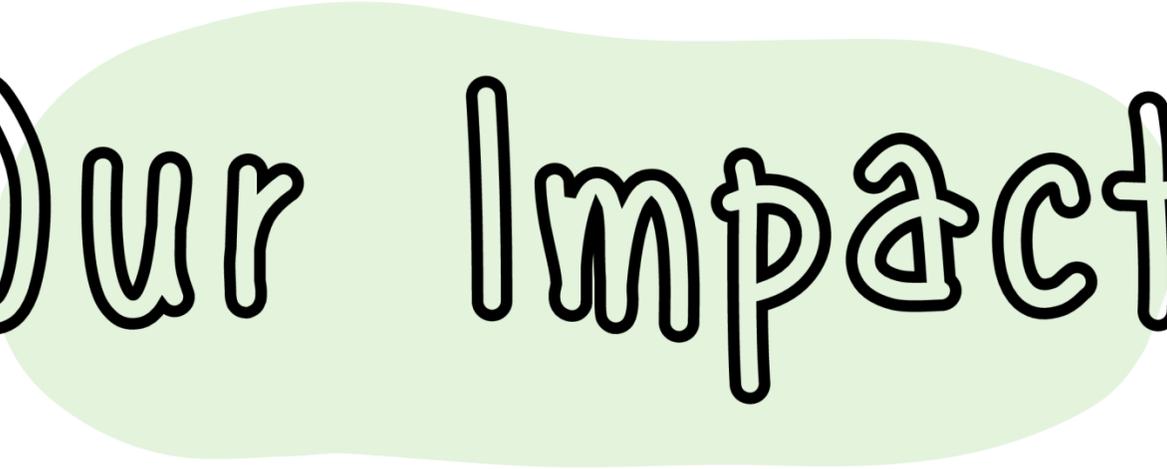
# Our Impact

## 9th Grade

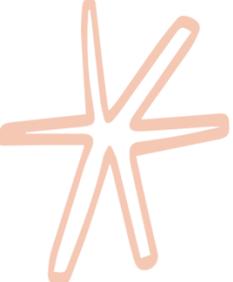
- One on one Academic Advisement
- Creation of individualized 4 year Academic Planning
- Transcript review (Spring)
- A-G and Graduation Requirement Presentations
- Advisement on transition into High School
- SST Support- including 504, SST and PTC
- Credit Recovery planning

## 10th Grade

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- One on One Academic Advisement
  - 4 year Academic Planning creation and revision
  - Transcript review
  - A-G and Graduation Requirement Presentations
  - SST Support- including 504, SST and PTC
  - Credit Recovery Planning



# Our Impact



## 11th Grade

- One on one Academic Advisement
- Creation of individualized 4 year Academic Planning
- Transcript review
- A-G and Graduation Requirement Presentations
- College and Career planning- including trade and military advisement
- Financial Aid presentations
- SST Support- including 504, SST and PTC
- Credit Recovery planning

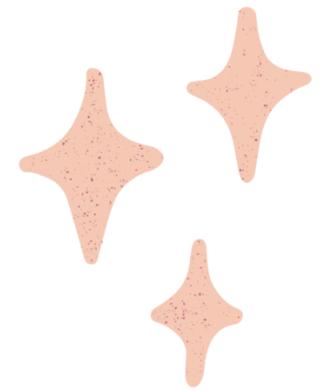


## 12th Grade

- Transcript review
- A-G Graduation requirements and presentations
- College and Career planning- including trade and military advisement
- Financial Aid presentations
- College Application and FA Workshops- including CSU, UC, Private and CCC
- Personal Statement and PIQ Workshops
- SST Support- including 504, SST and PTC
- Credit Recovery Planning
- College Signing Day
- Senior Awards Night

# CARE

COORDINATED ADVOCACY AND RESOURCES FOR EDUCATION



Main Role is to support  
McKinney Vento and Foster  
Youth  
Sobrato = 115

## Duties:

- Case Management for families
- Provide house resources, or connections to housing
- Food Distribution (Second Harvest)
- Small group intervention (social or academic)
- Advocate for students needs (tutoring, clothing, transportation).
- Connects families to clothing and other needed items.
- Support Crisis response
- Educate sites about McKinney Vento
- Verify and certify students
- Link students and families to Mental Health Supports

# Wellness Center



- LMFT (Licensed Marriage and Family Therapist)
- LPCC (Licensed Professional Clinical Counselor)

- Provide individual therapy sessions
  - 531 individual sessions to date
- Provide crisis support and support during emotional distress, to students, staff, families
- Receive mental health referrals from families, admin, teachers, students themselves
  - 321 referrals to date
- Participate in MTSS meetings, events and activities/presentations for staff and students, small groups, restorative work and collaboration with admin, IEPs, Firewords screening
- Compliance documentation (Aeries + written data), communication with families, CareSolace
- Warm hand-offs from middle schools
- Running support groups, Xinachthi, El Joven Noble, Smart Girls, Wellness Peer Support group
- Trainings/presentations for district nurses, staff.....