



The School Counseling Department at Lakewood High School is dedicated to supporting students as they navigate the many facets of high school life. Our team of committed counselors assists students with short and long-range academic planning and encourage them to select a plan of coursework that will move them toward their goals. Helping kids strive to build healthy relationships, counseling them to realize personal and social competencies, and modeling how to become responsible citizens, is the core of our work. If you have any questions, please contact our office, we are ready to assist. Here's an overview of services we provide:

## ACADEMIC

### ACADEMIC PLANNING

- "Should I consider taking AP Courses?"
- "How can I maximize my electives to prepare for after high school?"
- "I'm in the Marching Band, but I want to do AP classes too!"

### DURALL ENROLLMENT

- Taking any sort of college or Career/Technical Education course
- The school pays for most, if not all, the cost
- "I can earn College credit and fulfill my high school requirements!"

### STANDARDIZED TESTING SERVICES

- "Should I take the ACT or SAT again?"
- "How can I study for these tests?"

### STUDENT ADVOCACY

- Identifying underrepresented students in high demand courses
- "I'm dealing with a lot in my life - can you help me work with my teachers?"

### CLASSROOM LESSONS

- Counselors push into classrooms for a variety of topics
- These lessons often hit on any of the topics listed on this sheet

## CAREER

### COLLEGE COUNSELING

- Right fit
- Can I get in?
- Certificate, Associates Degree, Bachelors - so many options!

### CAREER COUNSELING

- Helping to identify requirements of careers for interested students
- Identifying top 50 Demand career paths
- Having students identify Career pathways, so the "type of work" is similar

### FINANCIAL AID INFORMATION

- Helping ALL students understand how they can afford to attend college
- Helping ALL families apply for financial aid
- Helping students understand Grants, Scholarships, and Loans

### INDIVIDUALIZED EDUCATIONAL DEVELOPMENTAL PLAN

- All students must build a EDP and update it yearly starting in 7th grade
- Working to complete this early with all students
- Helping students to understand this as a valuable tool tied to HS choices

### STUDENT ADVOCACY

- Helping to identify students who are underrepresented in careers
- Advocating for students who pursue career interests in HS

# lakewood

## HIGH SCHOOL



## SOCIAL & EMOTIONAL

### SOCIAL & EMOTIONAL WELLNESS SERVICES

- Debriefs with the counselor as needed
- Check ins with students going through crisis
- Putting mental health at the forefront of student's needs

### SOCIAL SKILLS

- Helping students identify clubs, sports, and organizations to be involved in
- Lessons on the soft skills all employers are looking for

### GROUP COUNSELING

- Group counseling topics are defined by a needs assessment
- Groups provide a unique healing and learning environment

### CONFLICT MEDIATION

- Working with self identified students to coach them on approaches
- Conducting peer mediation between fellow students
- Helping students navigate conflicts with adults, ensuring positive growth

### REFERRALS TO COMMUNITY SUPPORT SERVICES

- Identifying families in need
- Directing them to specific resources