AGENDA

Introductions

Role of School Counselor

Covina & Traweek Counseling Program

Academic Support

College/Career

Social/Emotional

School Counseling During Distance Learning
COVINA HIGH SCHOOL
COUNSELORS

WENDY TRAVIS
Students with Last Names A-Ga

WINLOR CHANG
Students with Last Names Gh-O

JOSH WASHINGTON
Students with Last Names P-Z
COVINA HIGH SCHOOL
COUNSELING DEPARTMENT

ANDREW PEREGOY
SCHOOL PSYCHOLOGIST

SAMANTHA BANDSTRA
ASW

LAURIE PIEPER
COUNSELING CLERK

ELIZABETH ROMERO
COLLEGE AND CAREER CENTER ASSISTANT
TRA WEEK
COUNSELING DEPARTMENT

CHRISTINA ROJAS
SCHOOL COUNSELOR

ERIC AVELAR
SCHOOL PSYCHOLOGIST

MARIBEL FUENTES
ASW
ROLE OF THE SCHOOL COUNSELOR

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL

AMERICAN SCHOOL COUNSELOR ASSOCIATION
MISSION STATEMENT

The mission of the Covina High School Counseling Department is to provide all students with a proactive and equitably comprehensive program to address students’ academic, college/career and social/emotional needs. Through partnership and collaboration with all stakeholders, Covina High Counselors work to ensure students become successful, contributing citizens and lifelong learners in an ever changing world.
MISSION STATEMENT

The mission of the Traweek Middle School Counseling Department is to provide all students with equal access to a comprehensive, and developmentally appropriate program that supports students’ academic/career goals, and social-emotional needs. Through partnership and collaboration with parents, guardians, staff, and community members, we strive to empower all students to become successful, productive, lifelong learners.
ACADEMIC SUPPORT

Collaborate with teachers, students, parents, and administrators

A-G and Graduation Status (high school)

Class Scheduling

Tutoring Resources/Office Hours

SST Process

504 Accommodation Plans

Additionally for Middle:

Grade level Tutoring

Paper.co

Intervention Placement

Engagement programs
HOW TO ASK FOR ACADEMIC HELP?

If your child is struggling with content in a class:

1) Have a conversation with your child about what is going on in the class
2) Reach out to your child’s teacher via email and share with them what you discussed
   a) Ask for support, clarification on an assignment, tips to help them through the content, etc.
3) Be sure to give teachers a day or two to respond via email
4) If you need further assistance, always feel free to contact a counselor or administrator for support

It's OK to ask for help
ACADEMIC SUPPORT TIPS

1. Understand virtual classroom expectations and become familiar with Google Classroom and Aeries Parent Portal (check regularly)
2. Determine what type of activities work best for your child
3. Encourage movement during breaks, after school, etc.
4. Reduce distractions if possible
5. Help students organize daily work by using a checklist/planner
6. Give your child (and yourself) a break when things get overwhelming
7. Provide immediate positive reinforcement and feedback
COLLEGE/CAREER

- Career Surveys (Naviance)
- Work Permits (College and Career Center)
- College Search and Planning (Naviance)
- College Week (Middle School)
- AVID (High School & Middle School)
- Financial Aid Assistance (College and Career Center)
- Scholarship Opportunities (College and Career Center)
- Application Workshops (High School)
- College Application Resource (College and Career Center)
ROLE OF THE SCHOOL PSYCHOLOGIST

- Case manager for all SAI students
  - Write legally compliant IEPs, coordinate and attend IEP meetings & ensure IEPs are within timelines
- Conduct initial and triennial psychoeducational assessments for SAI populations
- Provide DIS counseling for students who have counseling written into their IEP services and create and update social/emotional goals
- Consult with teachers and other service providers to provide the most appropriate services for special education students
- Conduct/Assist with risk assessments and create re-entry plans
- Provide crisis counseling as needed
SOCIAL/EMOTIONAL WELLNESS

- Student Involvement (Clubs, Athletics, ASB)
- Suicide Prevention (S.O.S program)
  - Crisis Intervention
- Social/Emotional Learning Lessons
- Wellness Support
- Community Referrals/ Caresolace
- District Social Workers/Mental Health Counselors

caresolace.com
GRIEF & LOSS

- Counselor Check-ins
- Counseling Google Classroom resources.
- Care Solace
- Grief Small Counseling Group (Middle School)
- ASW Intern Support
Mental health impacts not only our students but our families, schools, and communities.

School Social Workers are the link between home, school, and the community. Life stressors can often lead to changes in mood or behavior. Developing healthy coping skills can help address some challenges at school and in the home. We provide direct as well as indirect services to students, families and school personnel to promote and support students' academic and social success.

Student Support

- Individual Mental Health Counseling
- Group Counseling
- Crisis Support
- Risk Assessment
- Signs of Suicide Prevention Implementation

For Immediate Help

IF YOU NEED IMMEDIATE HELP, CALL 911.

FOR A PSYCHIATRIC EMERGENCY, CONTACT THE DEPARTMENT OF MENTAL HEALTH 24-HOUR ACCESS CENTER AT (800) 854-7771
COUNSELING SUPPORT DURING DISTANCE LEARNING

- Available through email, phone and Google Meets
- Google Voice (calls/texts)
- Classroom Lessons and Visits
- “Class of” Counseling and College and Career Center Google Classrooms
- **Middle School** Counseling Website, Google form and Ms. Rojas’ Google Classroom
Social justice in counseling represents a multifaceted approach in which counselors strive to simultaneously promote human development and the common good of our students through addressing challenges related to both them as individuals and our school-wide practices.

- Restorative Practices
- Community Resources
- Campus Clubs
- WEB: Where Everyone Belongs (Middle School)
UPCOMING EVENTS

- Classroom Lessons
- Scheduling for 2021-2022 School Year
  - grades 5-11
- Parent Education Classes
- Junior Parent Night
- SAT School Day ~ March 2021
- State and AP Testing
- Incoming 6th grade Parent Night
- College Week- Middle School
Course Selection Timeline

**Class of 2022**
Course Selection: Feb 1st - Feb 7th
Course Confirmation: Feb 8th - 19th

**Class of 2023**
Course Selection: Feb 8th - Feb 14th
Course Confirmation: Feb 15th - 26th

**Class of 2024**
Course Selection: Feb 15th - Feb 21st
Course Confirmation: Feb. 22nd - Mar 5th

**Class of 2025**
Course Selection: Early March

5th grade --> 6th grade
Course Selection: TBD
CONTACT US!

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THANK YOU!