



Counseling



Mission

Our college preparatory program supports diverse and academically capable students to become extraordinary people both on and off campus. We believe in providing a comprehensive program to support the whole child in the three domains of counseling: academic, college and career, and social-emotional.

Academic

All counselors engage students in their academic planning and proactively monitor students' progress to provide the following services during all four years:

- Meet with parents and students to review academic progress and program of study
- Help students build strong study habits and time management skills
- Encourage students to take on leadership roles and challenge themselves academically
- Connect struggling students to Academic Support and tutoring resources

College & Career

Counselors use Cialfo, workshops, and one-on-one meetings to help students become competitive towards their best-fit college and career goals.

Students are guided from start to finish on college admission, exploring college options, admission

deadlines and requirements, ACT and SAT, and financial aid/scholarships.

Over 98% of our students attend college following graduation, with 90% attending a four-year university and 8% attending a two-year college. We support all students towards their postsecondary interests. Events include over 130 visits from colleges across the nation, college fairs, parent nights, college tours, financial aid workshops, and more.

Social-Emotional

Social-emotional services provide the foundation for safe and positive learning. It support students to develop self-awareness, build interpersonal skills, improve coping, and prepares them for life after high school. The Healthy Choices curriculum is integrated from 9th through 12th grade with a wide variety of topics, guest speakers, workshops, and includes parent events. The program refreshes each year based on student needs and interests. Our ongoing topics include the following:

- Executive functioning skills (note taking, prioritizing tasks, and time management)
- Anxiety and stress management
- Boundary setting and healthy relationships
- Mindfulness and meditation
- Resiliency and grit

