

Sahuarita Intermediate School Counseling Program



MISSION STATEMENT

The mission of the Sahuarita Unified School District School Counseling Program is to maximize the academic and personal potential of all students, helping them to become responsible members of society.



ABOUT THE COUNSELOR

My name is Jessica Rodriguez and I am the School Counselor at SIS. This is my second year in Sahuarita Unified School District.

I received my Masters Degree from Northern Arizona University. I am State and Nationally Certified as a School Counselor.

This year I am extremely excited to continue implementing the National School Counseling Model program at SIS! Please feel free to drop in for a lesson!



PROGRAM GOALS

- ✓ **Support** student **academic achievement**
- ✓ **Total student participation** in classroom counseling lessons
- ✓ **Increase** student's **knowledge** in the areas of **self-knowledge, educational goals, and career goals**



Contact information:



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COUNSELING SERVICES

Guidance Curriculum

- Academic skills: organizational, study and test-taking
- Goal setting and decision-making
- Career awareness, exploration
- Self knowledge
- Peer relationships, coping strategies and effective social skills
- Communication, problem-solving and conflict resolution
- Multicultural/diversity awareness

Individual Student Planning

- Goal setting/decision- making
- Education on understanding of self, including strengths and weaknesses
- Transition plans

Responsive Services

- Individual and small-group counseling
- Individual/family/school crisis intervention
- Conflict resolution
- Referrals

System Support

- Professional development
- Consultation, collaboration
- Program management



SIS Guidance Counseling Lessons

August

Smart Start

(How to do well in school this year)

School Rules/Expectations

(Be Safe, Be Responsible, Be Respectful, Follow Directions)

Roles/Jobs- Students: Learn Teachers: Teach
Counselor: Keep kids Safe

January

Goal Setting (Resolutions)

September

Conflict Resolution- "I Messages"

1. I feel_____
2. When you____(what they did)
3. Can you please____(what you want)

ONLY use if it's SAFE!!!

Friendship

(How to make and keep friends by being respectful)

February

Diversity

Test Taking Skills/ Stress Mgmt.

October *(Healthy Choices/Prevention Kickoff)*

Bully Prevention

(3rd- get to know someone before you judge them, include everyone in play / 4-5th- how to deal with bully like behaviors- I Messages, tell an adult immediately, help others; people can change)

March

Self Awareness/Career Dev.

Career Day

November

Career Choices

Stress Mgmt.

(Ways to calm yourself down)

April *(Child Abuse Prevention Month)*

Personal Safety

Transitioning

December

Academic Success

College Day

May

Guidance Summary Game