

UHS School Counseling Program By Grade Level

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Mission Statement

The mission of the UHS Counseling program is to provide a comprehensive, developmental counseling program addressing the academic, college and career, and personal, social, emotional development of all students. The UHS Counselors advocate for an environment that supports all students, helping them achieve their full potential along with a balanced high school experience.

Vision Statement

The vision of the University high School counseling department is that every student will become resilient life-long learners who passionately believe in their own abilities to succeed in life and to positively contribute to our society. We envision all students will lead a well-balanced life, experiencing success in their academics, personal/social interactions, and careers.

Availability

UHS school counselors are available to all students on a walk-in basis before school, during snack, and at lunch. Students can see their school counselor during office hours by signing up on 5 Star. Students can make an appointment on Calendly to see their school counselor during any open period that they may have. Students and parents may also email their counselor to set up an in-person meeting

Recognizing that students come to us with a variety of needs, we prioritize availability to meet with students and families one on one to address individual needs. In addition to the universal support and general school counseling program available to all students, we focus on students who need more targeted support.

As our students progress through our four-year program, their needs change. The following descriptions provide a breakdown of the counseling program students receive by grade level.

8th Grade



At a Glance

- Transition to High School Presentation
- 8th Grade Family Night
- 8th Grade Parent Coffee

Spring Semester

Our interaction with incoming freshmen begins with a Transition to High School Presentation to our main feeder middle schools in the spring before their 9th grade year. During this presentation, we are able to interact with students in a classroom environment where students are engaged and comfortable. We are able to answer many questions about the transition to high school in this welcoming environment. We also present at 8th Grade Family Night in the spring semester of eighth grade, where we explain the transition to high school to incoming 9th grade parents. Following 8th Grade Family Night, we hold an 8th Grade Parent Coffee for parents to ask UHS counselors any questions related to the transition to high school. After the 8th Grade Parent Coffee, 8th grade parents and students select their courses for 9th grade based on their current teacher recommendations. We also collaborate with eighth grade counselors about specific student situations who may benefit from additional support in high school.

9th Grade



Data

After the 9th grade counseling lesson, **97.2%** of freshman students can identify their school counselor.

Data is from the 25-26 school year

At a Glance

- Freshman Parent Information Meeting (Fall)
- 9th Grade Counseling Lesson
- PSAT 8/9
- Freshman Parent Information Meeting (Spring)
- California Colleges Classroom Lesson
- Course Selection for 10th Grade

Fall Semester

In the fall, UHS school counselors hold a Freshman Parent Information Meeting for parents, visit 9th grade classrooms for a counseling lesson, and assist with administering the PSAT 8/9. The Freshman Parent Information Meeting informs parents about high school diploma and college requirements, support services for students at UHS, and more. Topics covered in the classroom counseling lesson include: the role of the school counselor, high school graduation and college requirements, GPA calculation, stress management, and maintaining balance.

Spring Semester

During the spring semester, UHS school counselors hold a second Freshman Parent Coffee for parents and visit 9th grade classrooms for 10th grade course selection. The spring Freshman Parent Information Meeting informs parents about the course selection process for 10th grade, IUSD summer programs, as well as other mental health and wellness topics. After the counselors visit 9th grade classrooms for course selection, we are available to students and parents to answer any questions related to the course selection process. Additionally, in conjunction with the College and Career Coordinator, all 9th grade students complete a personality inventory and career exploration activity on CaliforniaColleges.edu.

10th Grade



Data

After attending their sophomore planning conference, **99%** of sophomores understand the courses, credits, and grades required to graduate from high school and to meet a-g requirements

Data is from the 24-25 school year

At a Glance

- Sophomore Parent Information Meeting
- PACT
- Sophomore Planning Meeting
- California Colleges Classroom Lesson

Fall Semester

Throughout the first semester of 10th grade, we continue to monitor the progress of our 10th grade students. In conjunction with the College and Career Coordinator, a career interest profiler on California Colleges.edu is administered to all sophomore students. All sophomores have the opportunity to take the PACT on the school's all testing day in October. In November, we hold our Sophomore Parent Information Meeting where we cover the process for sophomore conferences, graduation and college requirements, college and career exploration and much more.

Spring Semester

In February, we schedule small group meetings with every sophomore and their parents to develop an individual academic plan aligned with each students' post high school goals. At the Sophomore Planning Meeting, students are guided on how to find and maintain balance in their academic and personal lives throughout the remainder of high school. All students are provided with a grad check that outlines their progress towards graduation and college requirements which is used to make choices for course selection. Counselors have individual conversations with students and parents to assist in selecting courses for 11th grade and planning courses for 12th grade based on their individual needs and goals.

11th Grade



Data

After attending the junior planning meeting, **94%** of juniors can identify 1-2 postsecondary options that are a good fit for them.

Data is from the 24-25 school year

At a Glance

- PSAT/NMSQT
- Financial Aid Night
- Junior Parent Information Meeting
- Junior Planning Meeting

Fall Semester

Throughout the first semester of 11th grade, we continue to monitor the progress of our 11th grade students. All juniors have the opportunity to take the PSAT/NMSQT on the All School Testing Day in October. Juniors are invited to attend presentations by college admissions representatives from various colleges throughout the year. Juniors are also encouraged to attend events such as Financial Aid Night, Mock Admissions, and the IUSD and UHS College and Career Fair.

Spring Semester

During the month of February, we offer a Junior Parent Information Meeting where we review graduation and college requirements, post secondary options, and mental health and wellness for students. During the month of March, UHS counselors meet with all juniors in small groups to review post-secondary options, college application processes, mental health and wellness, and course selection. All students are provided with a grad check that outlines their progress towards graduation and college requirements which allows them to make choices for their 12th grade courses. Counselors have individual conversations with each student about their post secondary plans and schedules for the following year.

12th Grade



Data

After attending the senior counseling lesson, **93.4%** of seniors feel confident in their understanding of the application processes for CSU, UC, Common App, and Community Colleges.

Data is from the 24-25 school year

At a Glance

- Senior Counseling Lesson
- Senior Parent Information Meeting
- College Recommendations
- College Application Workshops
- IVC Counselor Support

Fall Semester

In early September, counselors review each senior's transcript to ensure they are in courses required for graduation. A letter is emailed home with information about the transcript review, upcoming senior meetings, UC and CSU applications, and deadlines for the Counselor Recommendation Packet. Counselors visit senior classrooms to deliver important information regarding graduation requirements, post secondary options, the college application process, how to build a college list, and more. On average, each counselor writes approximately 40-70 individual college recommendation letters. Additionally, we offer college application workshops during office hours throughout October and November to assist students in the college application process.

Spring Semester

Early in the Spring Semester, counselors complete mid-year reports for private colleges. Throughout the spring, an IVC counselor is available to assist students with the application and matriculation process to IVC. As students receive their college acceptances, counselors are available to meet with students and discuss their options. In the Spring, counselors provide support and assistance to seniors at risk of not meeting graduation requirements. We collaborate with parents, teachers, administrators, and students to help students earn their high school diplomas.

Ongoing Interventions/Supports

Overview

School population: 2390

Average counselor caseload 1:400

Data is from the 25-26 school year

Meetings and Committees

School counselors are active and involved members of various committees on campus and within the district including:

- Multi-tiered Systems of Support (MTSS)
- Equal Opportunity Schools (EOS)
- Intervention Lead Teacher (ILT)
- Student Review Team (SRT)
- Lead Mentor Counselor
- Scholarship Committee
- Transcript Review Team
- Dual Enrollment
- AVID

Year-long

- New student enrollments
- 504 case management
 - 116 504 Plans (25-26 school year)
- SRT/SST Meetings
- Suicide/Risk assessments
- D/F list outreach (every 5 weeks)
- Assigning and monitoring interventions
- Schedule changes
- Student case management
 - Academic and Mental Health
- Parent meetings and outreach
- Teacher collaboration and consultation
- Wellness events

Fall Semester

- College application workshops
- Letters of recommendation
- FAFSA completion
- 9th Grade Math I support group

Spring Semester

- Midyear Reports for college applications
- Summer program recommendations
- Course selection
- Middle school outreach
- State Seal of Bilingualism
- Monitor 12th grade progress towards graduation
- Summer school recommendations