

UNI Counseling Program by Grade Level

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****UHS counselors are available to all students on a walk-in basis before school, during snack, office hours, lunch, after school, or during open periods. Students and parents may also email their counselor to set up an in-person meeting****

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

An integral part of the education system, school counselors help students form healthy goals, mindsets, and behaviors. They are in a unique position on a school campus to see the whole child through the three domains: Academic, Social/Emotional and College and Career Support. School Counselors support students through direct services (counselor and student interaction, school counseling curriculum, individual student planning, responsive services / 80%) and indirect services (developing, coordinating, managing student services, consultation, collaboration, referrals, data collection / 20%). A more full list is at the end of this document**.

8th Grade Program

Incoming Freshmen

Our interaction with incoming freshmen begins with a Transition to High School Presentation to our main feeder middle school in the spring before their 9th grade year. We find this interaction with our incoming 8th graders to be very meaningful as we are able to engage with them in a classroom environment for an extended period of time. We have noticed that students are more comfortable meeting this way and we are able to answer many more questions in this welcoming environment. We also present at 8th Grade Family Night in the spring semester of eighth grade, during which we explain the transition to high school to incoming 9th grade parents. We discuss academic and behavioral expectations as well as extracurricular opportunities. Following 8th Grade Family Night, we hold an 8th Grade Parent Coffee for parents to ask UHS counselors and current UHS students 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 Program

9th Grade Fall Semester

In the fall, we hold a Parent Coffee for freshmen parents to review the transition to high school. We specifically address both high school diploma and college requirements. We review our support services—peer tutoring, parent portal, Canvas, the Office Hours program, Project Success, etc. In October, we visit the ninth grade classrooms to introduce the role of the school counselor, review graduation requirements, transcripts, college requirements, GPA calculations, summer school, stress management, maintaining balance throughout high school, and the many supports available on campus for all students. 9th grade students also have the opportunity to take the PSAT 8/9 on the all-school testing day in October. In conjunction with the College and Career Coordinator, all 9th grade students complete the “My Career Clusters” and “Career Cluster Activity” on Naviance. Throughout the freshman year, we collaborate with all staff to support both the students and the teachers. At each progress report, which is issued every five weeks, we identify students who may need additional support. When appropriate, we schedule SRT (student review team) meetings, and propose a student-centered plan for success.

9th Grade Spring Semester

In early spring, we hold a second Freshman Parent Coffee. We cover the course selection process for 10th grade, IUSD summer school and other summer programs, as well as other mental health and wellness topics and resources. In April, we visit the ninth grade classrooms again to complete tenth grade course selection with all 9th grade students. During spring registration for 10th grade we are available to students and parents to answer any questions related to the course selection process. Also in April, if needed, we send recommended summer school courses via email to parents and students.

10th Grade Program

Fall Semester.

Throughout the first semester of tenth grade, we continue to monitor the progress of our tenth grade students. In conjunction with the College and Career Coordinator, we administer a career interest profiler (Naviance) to sophomores. We give the students the ability to access Naviance on their own time for further information. All sophomores have the opportunity to take the PACT on the school's all testing day in October. We hold our Sophomore Parent Coffee in November where we cover graduation requirements, college requirements, sophomore conferences, academic resources, extracurricular activities, college and career exploration, personal and social resources on campus, stress management, and maintaining balance throughout high school.

Spring Semester

From January through March, we schedule small group meetings with every sophomore and their parents to develop an individual academic plan, discuss post high school options, and how to maintain balance and personal wellness throughout the remainder of high school. Prior to the meeting, families receive a video with detailed information preparing them for the sophomore conference. This conference covers in detail: transcripts, grad check, graduation requirements, CSU/UC admissions requirements, ROP, post-secondary options, summer school, maintaining school/life balance, choosing courses for 11th grade and planning courses for 12th grade. The transition to small group conferences has allowed counselors to be more available and accessible during the school day for students and parents in need. In the past, it would take five months to meet with students individually and take up four hours per day per counselor. We find this approach to be more equitable in allowing us to service all students and their unique needs. The counselors are discreet and sensitive to students who may need a more private approach and are available to speak with them outside of the meeting or they are able to schedule a separate meeting with any follow up questions. Also in April, if needed, we send recommended summer school courses via email to parents and students. Each counselor recommends on average, 80 students from their caseload to enroll in summer school courses for remediation. Counselors reach out to students individually to assist with the summer school application as well as to ensure they are enrolling in the appropriate courses. Counselors are always available for any follow up questions from parents or students regarding summer school opportunities and placement.

11th Grade Program

Fall Semester

All juniors have the opportunity to take the PSAT/NMSQT which is offered in the fall (October). Throughout the first semester of eleventh grade, we continue to monitor the progress of our juniors and we encourage them to maintain a balanced schedule, with an appropriate level of rigor in their class schedule and extra-curricular activities that are aligned with their interests. Juniors are invited to attend presentations by college admission representatives from various colleges throughout the year. Juniors are also encouraged to attend events such as Financial Aid Night, Mock Admissions, and the IUSD College and Career Fair. The ROP coordinator is available on a daily basis in the college and career center, offering practical career training programs for students age 16 and above.

Spring Semester

During the month of February, we offer a junior Parent Coffee where we present graduation requirements, CSU/UC admissions requirements, mental health and wellness, and discuss post-secondary school options. Our College and Career coordinator and ROP coordinator also join us at the coffee to present relevant information. During the spring, we meet with all juniors in small groups to review graduation and CSU/UC admissions requirements, various post-secondary options, mental health and wellness, and course selection for senior year. Throughout the spring we meet with individual juniors to discuss summer school and to support their graduation plans.

12th Grade Program

Fall Semester

In early September, we review each senior's transcript to ensure they are in the courses required for graduation and reach out to seniors who may be missing a required course. Additionally, we e-mail home a letter that includes information regarding transcript review, upcoming senior meetings, UC and CSU filing period, and deadlines for the Counselor Recommendation Packet. We attend the UC and CSU conferences in the fall to receive program and admissions updates. We hold Senior Meetings which cover graduation requirements, community college, UC/CSU admission requirements, private and out of state school options, the counselor recommendation process and building a college list on Naviance. We also offer College Application Workshops during office hours throughout October and November to assist students with the college application process. Students hand in their completed recommendation packet to counselors by the deadline and have an opportunity to ask any clarifying questions they may have. Seniors can access the counselor recommendation packet on the UHS website as well as on Canvas. The packet collects extensive information on where the student is applying, what deadlines they have, what major they are applying for, test score information, along with 12 questions for the student to answer and 4 questions for the parent to answer. Students may submit the recommendation packet via email or in person. Students are able to schedule time to meet with school counselors if they have further questions about the packet or the college application process. On average, each counselor writes approximately 40 to 70 individual letters. (This accounts for approximately 50% of the senior class each year). Our college and career counselor is also available to meet with individual seniors about their college applications and choices. We continue to write recommendations for scholarships and internship programs throughout the senior year. IUSD holds a district wide financial aid night for families in the fall.

Spring Semester

We complete mid-year reports to private colleges, early in the semester. An IVC representative is available in the College and Career Center to assist students with the application and matriculation process. In the spring semester we offer an IVC Info night for parents and students. Once seniors have received their college acceptances, we are available to meet with individuals to discuss their choices. Throughout the spring, we meet with all seniors who are not on track to meet graduation requirements. This includes communication sent home to parents encouraging them to meet with us in person. In late May, we have seniors complete the senior survey on Naviance about their post-secondary plans. Finally, we attend the Senior Awards program and UHS commencement ceremony to celebrate our seniors' achievements.

Individual Counseling Supports

- **Registration for current 9-12 grade students**
 - **Schedule change requests**
 - **Registering new students**
 - **504 case management**
 - **Parent meetings**
 - **SRT/SST meetings**
- **Assigning and monitoring interventions**
 - **Personal/Social Counseling**
 - **Suicide/Risk Assessments**
 - **FAFSA Completion**
 - **Behavior Intervention**
 - **D/F list outreach**

Universal Counseling Supports

- **Tier 1, 2 and 3 Support**
- **Classroom Guidance Lessons**
- **Large Group Presentations**
- **Presentations for Parents**
 - **Wellbeing Events**
- **Family Case Management**
 - **Home Visits**
 - **Hope Squad**
 - **Say Something App**
- **CHOC/Wellspace Partnership**
 - **Speak Up, We Care**
- **SEL (Social Emotional Learning)**
 - **EOS**
 - **MTSS**
 - **Naviance**
- **Wellness Liaisons with ASB/YAT**