

# Comprehensive Guidance and Counseling

The following components provide the foundation of a Comprehensive Guidance and Counseling Program:

- Academic Development
- Personal/Social Development
- Career Development
- Community Service

A Comprehensive Guidance and Counseling Program is a **personalized, student-centered** approach to education, affecting **school improvement, instruction, discipline and attendance**, as well as **guidance**. As you can see, a Comprehensive Guidance & Counseling program includes partnering with ALL staff. **Specifically** the counselors' role is to provide:

- **Guidance Curriculum** for all students -topics include- problem solving, conflict mediation, career-related exploration and planning, educational support for academic achievement, goal setting, social development, personal safety
- **Individual Planning**- School counselors facilitate educational, behavioral, social/emotional and career planning services in collaboration with other school staff. Creating meaningful career paths based on personal goals **is a primary task of all staff, especially school counselors**. Individual and group planning instruction is delivered in group settings, classrooms, and workshops. These settings give students the opportunity to learn, evaluate and adjust their personal, career and academic goals.
- **Responsive Services**- These services are delivered on an individual basis, in small groups and by referrals to agency partners. Much of the time these needs are critical and require immediate attention to enable students to better focus on learning. Services include: grief support, anger management, social skills, violence prevention, chronic absenteeism and stress reduction.

Sutherland School District Counseling Staff includes:

Mike Westlake	Evaluation Specialist	541-459-2668
Erin Holtey	East Primary Counselor	541-459-2912
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