## Meet your



## Counselor

There is no elevator to success. You have to take the stairs.



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Why Courselors?

High school years are full of growth, promise, excitement, frustration, disappointment and hope. It is the time when students begin to discover what the future holds for them. High school counselors enhance the learning process and promote academic achievement. Along with parents and teachers, we are in place to provide support and guidance to students as they encounter many challenges and decisions during their four years in high school. We are here for those difficult times when students may need some assistance. It is my goal to assist students personally and academically, in becoming the well rounded, self-sufficient individual they will become. The professional high school counselor holds a master's degree and required state certification in school counseling. Counselors also maintain certification, which includes on-going professional development to stay current with educational reform and challenges facing today's students.

## What do Courselors do?

## PROVIDE A VARIETY OF SERVICES TO STUDENTS, SUCH AS:

INDIVIDUAL AND SMALL GROUP COUNSELING

ACADEMIC SUPPORT

COLLEGE AND CAREER PLANNING

COPING STRATEGIES

ASSISTANCE WITH PEER RELATIONSHIPS/SOCIAL SKILLS

CRISIS INTERVENTION

CONSULTATION AND COLLABORATION WITH SCHOOL PERSONNEL AND OUTSIDE AGENCIES



DO YOU HAVE QUESTIONS? CONCERNS? NEED FOR ME TO SPEAK WITH YOUR STUDENT? CALL OR EMAIL ME (INFORMATION BELOW):

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Check out my website: bit.ly/CordovaCounseling

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