

## BELLFLOWER UNIFIED SCHOOL DISTRICT

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## GUIDANCE AND COUNSELING COMPREHENSIVE SERVICES

**"BRINGING OUT THE BEST  
IN EVERYONE"**

The Bellflower Unified School District counselors' goals are to provide the students with a positive middle school experience, a productive high school program and a fulfilling life-long career. We encourage our students and parents to make an appointment and get to know us.

### WHAT IS A SCHOOL COUNSELOR?

- A credentialed, specially trained, caring professional
- A student advocate available to help students with educational, personal, social and career life-planning needs addressing the whole child
- A good listener
- A coordinator for educational programs
- A resource person for students, parents, and staff
- A consultant for community resource people; physicians, nurses, speech therapists, psychologists, and other professionals
- A personal contact for representatives from colleges and universities, military and armed services personnel, and trade and technical school staff
- A professional who aids parents, educators, and community in understanding young people

### WHAT DOES A SCHOOL COUNSELOR DO?

#### The school counselor helps students:

- Recognize and make the best use of their capabilities
- Recognize, understand, and work through personal and educational problems
- Develop skills in understanding their interest, values, and aptitudes in planning their life goals and careers
- Explore options and alternatives in behavior/choices
- Develop life skills and understand the decision-making process
- Accept responsibility for their actions
- Become successful at school
- Develop understanding and awareness of themselves and others
- Build self-confidence and self-esteem
- Respect cultural diversity
- Manage anger and resolve conflict peacefully
- Learn to communicate effectively
- Set goals
- Conflict mediation

### The school counselor counsels students:

- Regarding school, college, job, career and personal plans
- In getting along with and relating to others
- Concerning attendance, discipline and emotional, social and personal problems
- Regarding the challenges of adolescence

### The school counselor:

- Listens to students, parents, teachers, administrators, and community members
- Maintains student confidences
- Acts as a bridge between home and school
- Aids teachers and parents in helping young people obtain a sound education
- Promotes understanding through observation and participation in the classroom
- Coordinates educational programs and efforts with other school specialists and outside agencies
- Monitors student progress including attendance, grades and behavior

### HOW AND WHEN DOES A STUDENT SEE THE COUNSELOR?

- Individually and in groups
- Student request
- Counselor request
- Parent request
- Teacher, administrator, or staff referral
- Referral by a friend
- Before, during and after school

### WHERE CAN THE STUDENTS SEE THE SCHOOL COUNSELOR?

- In the Counseling Office
- In the classroom
- Snack and lunch supervision
- At student activities
- In the community
- Athletic supervision

### COUNSELING AND GUIDANCE SERVICE

During the two years of middle school, and the four years of high school, students and parents are encouraged to seek counselor assistance on an individual basis; to request counseling follow-up for personal, social, and class/school problems and concerns; to request parent conferences; to attend and participate in counseling and guidance programs; and to use the counseling and guidance services.

### NON-DISCRIMINATION STATEMENT

Notice of Non-Discrimination: Bellflower Unified School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sex, sexual orientation or association with a person or a group with one or more of these actual or perceived characteristics. Parents/students who have questions or concerns about the policy can contact Dina Hernandez, Director, Academic Accountability, Title IX and Equity Compliance Officer at (562) 8669011 ext. 2010 or 16703 S. Clark Avenue, Bellflower, CA 90706

### COMPREHENSIVE SERVICES

The Bellflower Unified School District counselors are committed to providing comprehensive guidance services. Each student and parent can expect these services to be provided through classroom, group, and one-on-one counseling. The major counseling service areas are:

**GUIDANCE:** Curriculum guidance addressing academic, career, and personal/social needs of students

**RESPONSIVE SERVICES:** Assistance and referral information for special situations

**GOAL DEVELOPMENT:** Individual and group goals for college, career, self improvement and decision-making skills

**7<sup>th</sup> GRADE:** Receive orientation information to assist in satisfactory adjustment to middle school – Review a variety of study skills to assist academic progress – Become familiar with services offered, procedures, rules and requirements – Explore the decision-making process in order to expand life’s options – Gain insight into ways of interacting with peers.

**8<sup>th</sup> GRADE:** Become familiar with services offered, rules and requirements – Participate in activities to further develop self-esteem, peer relationships, and decision-making for achieving more self direction – Develop a four-year plan and a tentative ninth grade schedule.

**9<sup>th</sup> GRADE:** Identify interests and abilities and relate these to future plans – Develop a tentative four-year educational plan including diploma requirements – Investigate post high school plan, including college admission requirements and financial aid – Be assisted in acquiring good study skills.

**10<sup>th</sup> GRADE:** Explore the decision-making process – Continue to learn about colleges/financial aid and develop post high school plans – Update the four-year educational plan and progress toward diploma requirements – Be encouraged to take college-recommended testing.

**11<sup>th</sup> GRADE:** Continue to update four-year plan and review progress toward diploma requirements – Be encouraged to participate in CTE courses – Evaluate college information, financial aid and/or occupational programs – Have the opportunity to take community college courses – Formulate a tentative post high school plan – Be encouraged to take college-recommended testing.

**12<sup>th</sup> GRADE:** Meet with a counselor and review diploma status, college requirements, vocational job skills, and post high school alternatives – Apply decision-making skills to educational and career plans – Investigate specific information on colleges, scholarships, financial aid, and employment opportunities – Be encouraged to take college recommended testing – Be encouraged to participate in CTE programs. Have the opportunity to take community college courses.

Students and parents can also expect the following services:

Orientation for students – Parent, teacher and/or student conferences – Registration scheduling, program adjustments – Parents and students may request weekly progress reports – Parents and students will be invited to college and financial aid information nights – Parents and students will be informed of students’ progress toward diploma requirements, credit deficiencies, and subject area credit status.

Students will be given:

Financial aid information – A chance to meet college representatives – College admission testing information – Assistance with applications for colleges and scholarships –Additional options outlined to students; CTE, trade, technical, and direct work placement.