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**Washburn High School – Reasons to see my counselor**  
  
**Academic Counseling**   
  
Academic counseling is available to all students to help them understand their individual strengths, to set goals, and to assist them in planning an appropriate program of studies. Counselors, teachers and parents will work together to support and encourage all students in reaching their full potential.   
  
Some of the areas in which a counselor can work with students and parents are: 

* Planning a high school program relevant to student's interests, abilities and post high school plans
* Assisting students in selecting appropriate courses each year
* Checking each student's progress through a review of quarterly report cards and interim progress reports
* Consult with faculty regarding student performance
* Counseling students experiencing academic difficulty and developing strategies for improvement, including referrals to various academic resources at the high school
* Being available to meet with parents of all students
* Reviewing credit status leading to graduation
* Being available to meet with students and parents to review standardized test results

**Post Secondary Counseling**   
  
College and career counseling is offered to all students. Designed to help students identify and clarify their abilities, interests and goals, post secondary counseling assists students in making appropriate educational decisions.   
  
In order to assist students fully, the following activities take place: 

* Students will be encouraged to take appropriate standardized tests
* Students will be encouraged to utilize the facilities of the College and Career Center which includes the use of Naviance and My Life Plan
* Students are encouraged to schedule appointments with their counselor
* Parents are encouraged to attend the college planning sessions in junior and senior year
* Students and parents are encouraged to attend Junior Parent Night and financial aid programs, as appropriate
* All juniors will receive a Post Secondary Planning Guide
* Students complete a resume and college essay(s) to assist in preparing for the college process
* Counselors will write letters of recommendation for students when needed
* Counselors will direct students to a variety of available resources about colleges
* Counselors maintain a current state of knowledge about colleges by attending conferences, visiting colleges and meeting with college representatives

**Personal Counseling**   
  
School counselors, social workers, the school psychologist, alcohol and drug therapist and professionals in the school-based clinic are available to all students to assist them in managing the normal developmental issues that arise during adolescence. The Student Services staff will help students to enhance self understanding and to learn effective problem solving skills so that they are better equipped to deal with the variety of concerns that high school students encounter. Students, staff or parents may initiate individual counseling sessions. When warranted, referrals may be made to appropriate community resources.   
  
Some of the issues and concerns that may be addressed include: 

* Academic Performance
* Peer Relationships
* Transition / Adjustment Problems
* Social Pressures
* Emotional Concerns
* Family Conflicts
* Community Influences
* Reproductive health
* Drug and Alcohol concerns