

RHS School Counselors Provide The Following Services:

Academic Development

- Annual individual 4-year plan development and review of transcript
- Academic assessment and placement
- Parent workshops on high school success
- Staff training and professional development
- Student/Parent/Teacher conferences
- Intervention Response Team (IRT)
- Study skills training and groups
- Grade-level outreach and advising
- Summer Bridge Program

Career and College Development

- Career interest inventories
- Computer-based guidance lessons
- Postsecondary education options
- Annual review of career goals
- Grade-specific guidance/timelines
- College admissions test information
- College and career networking
- Parent workshops for college and career readiness
- Financial aid

Social/Emotional Development

- Short-term counseling for individual students
- Collaboration with families
- Group counseling services
- New student transition support
- Crisis response and intervention
- Referrals to community-based resources
- Conflict-resolution and mediation
- Goal-setting and problem-solving
- Referrals to the RJUHSD Wellness Program for additional counseling services



Grade-Level Outreach and Advising

9th Grade Individual Meetings

- ✓ Establish relationships with and get to know our 9th grade students
- ✓ Discuss what counselors do and how to access our services
- ✓ Discuss campus supports and resources, including HomeLink, the Wellness Center, the Health Center, and the College and Career Center
- ✓ How to get involved on campus

10th Grade Hands-On College and Career Lesson

- ✓ Review of transcript (grad./a-g requirements)
- ✓ Post-high school education options
- ✓ Review of California college systems
- ✓ NCAA eligibility process introduced
- ✓ Career interest inventory and career exploration

11th Grade Admissions Tests and College List

- ✓ Classroom lessons with all Junior students
- ✓ Review Junior year timeline
- ✓ Review SAT & ACT admissions testing, resources, and preparation
- ✓ NCAA eligibility overview
- ✓ Academic and transcript review
- ✓ College search and college list development

12th Grade Post High School Education Planning

- ✓ All Seniors will have a 5th year plan
- ✓ Student academic review of transcript
- ✓ Senior post-secondary planning survey
- ✓ Application workshops for community colleges
- ✓ Application workshops and brief presentations in the evening for the following college systems
 - California State University
 - University of California
 - Private/independent Colleges (Common App.)
 - Out-of-State Colleges



Why School Counseling?

To ensure students are prepared for post-secondary education through responsive and intentional services in four areas: Academic, College, Career and Personal/Social.

RHS School Counselors

- Credentialed professionals with rigorous training and a Master's Degree in Counseling
- Play a vital role in helping students deal with the pressures of the outside world and with issues that interfere with academic achievement, including attendance, study skills, behavior challenges, drug/alcohol abuse, and other personal concerns
- Maintain counselor/student confidentiality EXCEPT for situations that involve a student who wants to do harm to themselves or another, or is being hurt by another person

How Do I See My Counselor?

Students

- Sign-in sheets are available in the front office
- E-mail
- Drop-in during lunch, before or after school
- Emergencies – Come directly to the Counseling Office and wait to be seen

Parents

- E-mail
- Call 782-3753 x3031 to schedule an appointment with a counselor



Counselors

Gracie Fernandez
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Nancy Munoz
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Robyn Pasco
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Support Staff

Dana Studebaker, Registrar ext. 3020

Sandie Perez, Counseling Asst. ext. 3031

Nathan Hance, Resource Officer ext. 3090

Thomas Chadwick, Nurse ext. 3065

Angela Sanchez, Psychologist ext. 3362

Shelly Davis, Psychologist ext. 3360

Jacque Seider, College & Career ext. 3080

Resources

Homeless Support (916) 786-5181

Roseville Parent Project (916) 663-6771

Health & Human Services (530) 889-6770

Crisis Resolution Center (866) 251-7584

**Check Out These Resources
For More Information!**

RHS WEBSITE

www.rosevilletigers.org

- ✓ Career exploration
- ✓ College systems
- ✓ How to choose a college/major
- ✓ Admissions test information
- ✓ Financial aid
- ✓ Grade level timelines

HomeLink

www.homelink.rjuhsd.us

- View students' grades, attendance, and transcripts 24 hours a day
- Contact Mrs. Studebaker for assistance with setting up your account

College and Career Center

Services

College & career speakers, work permits, PSAT, SAT & ACT preparation, college applications, scholarship and financial aid information, and CTEWorks

Events

College fair, military academy nights, financial aid workshop, local scholarship night, college information night, and ASVAB testing



Roseville High School

Comprehensive School

Counseling Program

1 Tiger Way
Roseville, CA 95678
(916) 782-3753
www.rosevilletigers.org

RHS Mission:

We will prepare ALL students for post-high school education.