

**Show Low High School
Counseling Department
Goal Statement**

All students at Show Low High School will participate in activities throughout the year using various career exploration resources. This will result in students designing and contributing to their personal Educational Career Action Plan (ECAP).

The Show Low High School Counseling Department will accomplish this goal through the implementation and delivery of ECAPs in alignment with *The American School Counselors Association (ASCA) Counseling & Guidance Model: A Framework for School Counseling programs.*

ASCA Model Concentration:

- ACADEMIC
- COLLEGE & CAREER
- PERSONAL & SOCIAL

**Show Low
Counseling Department**

Julie Cota, M.A
Student assignment
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Christa Rask, LMSW
Student assignment
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Diane Young
Registrar
Counseling appointments
Transcript Requests
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**PARTNERS IN
STUDENT ACHIEVEMENT**



*Proud member of the American School
Counselors Association & the Arizona
School Counselors Association*

OFFICE HOURS
M-F 7:15-3:15
& by appointment

www.showlow.education

Mission Statement

The mission of the School Counseling department is to help ensure that students are prepared to become the next successful generation of informed citizens, employees & leaders by providing needed support, and enrichment opportunities for ALL students.

School counselors align and work with the school's mission statement that states:

Providing a qualitatively relevant learning environment that nurtures a passion for intellectual curiosity; encourages risk taking, independence and innovation; and is committed to a tradition of academic excellence and active citizenship.

The counselor's primary task is to help students become better learners by providing a comprehensive program that includes responsive services, individual planning, systems support and a comprehensive curriculum. School counselors are certified professionals who understand and respond to the challenges presented by today's diverse student population.

We will deliver The Counseling Program

By:

- Helping develop positive attitudes among students towards self, family, and community.*
- Counseling with students individually and in groups to understand and appreciate their unique qualities and to grow personally and socially.*
- Supporting students in developing an individual plan for post high school success (ECAP).*
- Developing and delivering classroom lessons that teach skills such as making healthy decisions, career exploration, resolving conflicts, and respecting others.*
- Assisting students to become invested in their school success by showing them how school performance relates to career opportunities.*
- Working collaboratively with students, parents, and teachers to identify and remove barriers that may impede student achievement*

School Counselors Believe....

- Young people have dignity and worth as human beings.*
- Young people who make a significant connection with their school and community tend to be more successful.*
- Young people have the ability to succeed and become contributing members of our society.*
- Young people need guidance and support from school, parents, and community as they seek to find their place in society.*
- That when schools, parents, and communities communicate and collaborate they provide the most effective support to young people.*
- In assisting students to develop personal awareness and explore career goals.*
- In helping students develop communication and interpersonal skills needed to relate well to others.*