

School Counseling Program

Hello ETHS! We are excited to share with you all the wonderful activities and interventions the ETHS Counselors implemented and maintained during the school year.



Core Curriculum for Freshman

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- Reviewed SVUSD Graduation requirements
- Preparing for college: A-G requirements, Post High School options, & checklist
- How to be successful in high school
- Respect for self and others
- Mindful Map for high school

5.2% increase in students understanding that attendance contributes to academic & personal success.



Core Curriculum for Sophomores

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- Fall 2023- Signs of Suicide curriculum was presented to all 10th grade students.
- Spring 2024- Classroom lesson utilized California Colleges by completing Intelligences Exploration. Each student received recommendations for career pathways and definitions of their top strengths.
 - **77.6% of Sophomore students now know a career they want to pursue**
- Failure vs. Grit and Resilience

Core Curriculum for Juniors



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- Reviewed SVUSD Graduation requirements
- College and Career exploration through California Colleges
- Post High School options and requirements.
- Future Ready California preparation

There was an increase, 59.9% to 83.5%, of students who felt they had a better idea of at least one career they are interested in.



Core Curriculum for Seniors

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- Reviewed SVUSD Graduation Requirements
- College list finalization
- FAFSA/Dream Act information
- College Applications & Requirements: Common App, UC/Cal States, and Community Colleges
- Letters of Recommendation
- 469 seniors completed the Senior Survey. Over 350 Senior Awards were presented & students received over \$2,751,688!

Guidance Activities



- **Family Nights** - For each grade level, information is provided to families that will help them support their student during their time at ETHS. Over 600 parents attended these in-person presentations.
- **Future Ready CA** - We hosted our 2nd annual 2-day event. 92.63 % of our seniors completed an application for their post-secondary pursuit.
- **Mandatorial** - Academic Support for seniors who were failing classes.
- **Mental Health Fair** - Our 2nd Annual Mental Health Fair was a huge success. Over 150 students attended the fair during Tutorial. 15 student groups and 11 agencies participated and provided resources.
- **Future Ready Thursdays** - In Fall 2022, over 22 post high school options visited our campus to network with students. Counselors presented workshops on various topics (e.g., college and financial aid application support). Over 180 students participated.
- **PSAT/PACT Testing opportunities** - 147 students took the PSAT & 105 took the PACT

New Programs & Practices

- **Mental Wellness rETreat** - A safe space for students to relax.
 - Satisfaction of students when they leave is 4.6 out of 5
 - 15% Students reported at check in that they had high intensity negative thoughts when checking out that decreased to 6 %. That is a 9% decrease!
- **News You Can Use Bulletin Board** - Advertised important Guidance announcements, plus outside resources and information to support our Chargers.
- **Wellness Wednesdays** - Various workshops available to students during tutorial in the rETreat.
- **Small group interventions** - Established a 6-session intervention for students struggling with grief.

