

## ACADEMIC COUNSELING

*\*Students will acquire knowledge, skills, & attitudes that contribute to effective learning, be academically prepared for post-secondary options (including college) and understand the relationship of academics to the world.*

- Graduation Requirements- Transcript evaluations
- UC/CSU Requirements
- 4 year educational planning
- Class Scheduling & Balancing
- Registration-course selection
- College Admission Testing  
SAT (PSAT)  
ACT (PLAN)
- Letters of Recommendation
- College Applications
- Academic Student Support
- Concurrent enrollment at community colleges
- Summer school / Credit recovery



## CAREER COUNSELING

*Students will acquire skills to investigate career paths, employ strategies to achieve goals, and will understand the relationship between education and career success.*

- Acquire Career Information
  - Career Day
  - Career Center Resources
- Develop Career Awareness
  - Personal abilities
  - Strengths/skills
  - Interest inventories
- Develop Employment Readiness
  - Teamwork
  - Problem Solving
  - Organization skills

*Check out the  
San Luis Obispo High School  
Counseling page at:*



*http://  
slohs.slcsud.org/  
counseling*

## PERSONAL/SOCIAL

*Students will acquire knowledge, attitudes and skills to help them respect self and others. They will make decisions, set goals and take action to achieve goals. Students will apply effective problem solving and decision making skills to make safe and healthy choices.*

- At Risk Student Support
- Individualized personal counseling
- Community Resource Referrals
- Conflict Resolution
- Mediation
- Problem Solving
- Time Management
- Crisis Intervention
- Student Empowerment Team
- Coping Strategies
  - Stress
  - Anxiety
  - Depression
  - Family issues



SERVICES  
PROVIDED  
BY THE  
SAN LUIS OBISPO  
HIGH SCHOOL  
COLLEGE & CAREER  
CENTER

- SAT & ACT Tests
- Scholarships
- Scholarship workshops
- College Rep Visits
- Work Permits
- Military Recruiter Contacts
- ASVAB
- Annual Career Day
- CSF—California Scholarship Federation
- Mayors Award for Community Service
- Elks Student of the Month & Year Program
- Boys & Girls State American Legion Program
- ROTARY RYLA Leadership Conference
- “Coffee & College in the Career Center”
- SLO County College Night
- Senior Recognition Assembly
- Financial Aid information
- Resume Building
- Youth employment
- Summer activities

ONLINE  
RESOURCES  
FOR STUDENTS



SLOHS COUNSELING

<http://slohs.slcsd.org/counseling>

CAREER RESOURCES

<http://www.cacareerzone.org>

<http://www.cacareercafe.com>

COLLEGE APPLICATION & SEARCH

[www.californiacolleges.edu](http://www.californiacolleges.edu)

[www.csumentor.edu](http://www.csumentor.edu)

[https://](https://admissions.universityofcalifornia.edu)

[admissions.universityofcalifornia.edu](https://admissions.universityofcalifornia.edu)

<https://www.commonapp.org>

FINANCIAL AID & SCHOLARSHIPS

<https://fafsa.ed.gov/>

<http://edu.fastweb.com>

<http://www.zinch.com/scholarships>

PARENT CONNECTION SLO COUNTY

<http://wordpress.slcsd.org/cfrc>



MS. INGLES A–G  
MS. BENSON H–O  
MS. SENEAL P–Z

SAN LUIS OBISPO HIGH SCHOOL  
OFFERS A FULL SERVICE  
COMPREHENSIVE  
COUNSELING DEPARTMENT  
FOR THE NEEDS OF OUR  
STUDENTS & COMMUNITY.



*The Counseling Department*  
is here to serve, support and advocate  
for our students.

Our *mission* is to help all students realize  
their full academic, social & emotional  
potential.

This starts with successful completion of a  
high school education, and being prepared  
for life after high school.

San Luis Obispo High School Counseling Department  
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