

Counseling

The Counseling Staff

The goal of the IVC Student Services Staff is to counsel, teach, assist and guide students to reach their developmental goals for personal growth, academic achievement, college and career planning. Parents are encouraged to contact the counselor as needed.

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The Role of Counselor

The Counselor is present to allow the student to talk over his or her school career, provide specific information and permit the student to express himself or herself concerning personal matters. The counselor is available for consultation or to discuss matters with the parents

Counseling Procedures

These are some of the counseling services that are available for the students and their families:

1. Individual and group counseling
 - Students are offered the opportunity to meet their counselor as often as needed
2. Large group presentations
 - Throughout the year, the counseling department will meet with students in large group settings. Topics at these large group presentations range from the college selection process to the importance of the ACT exam.
3. Parents and teacher conferences
 - In addition to the normally schedules parent-teacher conferences, teachers and parents can request a meeting if they feel it would be beneficial. Present at the meeting would be the student, parent(s), teacher(s), and counselor.

4. Outside referral resources
 - ICHS has an extensive list of outside resources into which parents and students can tap. Parents are encouraged to call the guidance department with any referral questions.
5. Special programs designed to meet the needs of a students or group of students
 - The more information that a counselor knows, the better he will be able to work with a student. Parents are strongly encouraged to share all information with the counselor.

Developmental Goals for Students

FRESHMAN; Adjustment

- To successfully adjust to the academic demands placed on the student.
- To develop positive peer relationships.
- To develop academic, social and personal interests.
- To become aware of the responsibility for self and life.
- To develop problem-solving skills.
- To become aware of a wide variety of activities, courses and occupations available.

SOPHOMORE; Understanding

- To accept responsibility for self and life.
- To gain self-confidence in the ability to succeed.
- To deepen involvements with peers and school.
- To understand the concept of commitments to ideas, self, family, and school.
- To define values and interests on which to base a career alternative search.

JUNIORS; Goal Setting

- To understand decision-making.
- To explore long-term goals and commitments to self for the future.
- To investigate post-high school educational opportunities based on values and interests.
- To be a positive role model for underclassmen in achievement and positive relationships.

- To realistically appraise ability
- SENIORS; Goal Implementation
- To decide on a plan for his/her life when leaving high school.
 - To strengthen self-confidence in his/her abilities.
 - To deepen involvement in interests for self-expression.
 - To develop acceptance, concern and understanding for self and others.
 - To become an interested and concerned citizen.
 - To become aware of his/ her own philosophy of life.

Testing Program

The objectives of the testing program are to:

1. Provide information for academic and personal counseling purposes.
2. Provide information to departments regarding the effectiveness of their instructional programs.
3. Provide students with enough information regarding their academic ability so they can make realistic course selections and career plans.
4. Determine career interests for career exploration.
5. Provide information to the parents regarding their child's achievements and ability.
6. Provide practice for the students in taking standardized tests.