

Spring View Counseling

To All Spring View Parents:

Call your School Guidance Counselor for an appointment to address your concerns. We're here to help!

Our goal is to provide students with the necessary counseling to help them work through and overcome academic, social, behavioral, and personal problems that preclude meaningful learning.

In accordance with Education Code 49600, educational counseling shall include, but not be limited to the following: Academic Counseling, Career and Vocational Counseling, Personal and Social Counseling.

Students may use the services of the counseling center by obtaining a pass from a counselor, administrator, or a teacher. Students may request an appointment by telling the secretary in the student services office. Students should not be excused from class to make an appointment. Appointments will be scheduled on a first-come, first-served basis except in an emergency.

The Home Environment, the Key to Success

Encourage: verb, inspire with courage and hope.

Encourage Communication. Show interest in his or her world. Focus on communicating not only what is challenging or worrisome about daily life, but also what is genuinely exciting and inspirational. Specific to school-life, be informed with regards to your child's daily workload and class expectations by putting aside some time from your busy work schedule to talk with them. An important detail to effective communication that is often overlooked these days is to limit the amount of distractions that may interfere with a quality conversation such as TV or music distractions. Turn it off for a while in order to hear and truly absorb each-others conversation.

Encourage Organization. The way you organize your home and work life is a template for your child's organizational standards. Monitor your child's organizational systems

such as their back pack and daily planners. Help them to develop their own clean, workable systems for organization. This will help them plan for their future. Also, make sure to provide a consistent space for your child to complete their homework. A place that is free of distractions is most optimal.

Encourage Responsibility. Help your child understand the importance of taking appropriate action when needed (the ability to respond). For example, if your child misses an assignment or doesn't understand a concept, encourage him or her to talk with their teacher; or if your child has a problem with a peer, encourage them to talk with their counselor if they are not able to resolve the situation on their own. A basic way that you can encourage your child to be responsible for themselves is to encourage healthy habits. Two of the most important factors for maintaining your health, besides being physically active, are eating a nutritionally balanced diet and obtaining the proper amount of sleep. Teach your kids by setting the example.

Encourage Involvement. Encourage your child to get involved with a club, a sport or an extracurricular activity to foster his or her sense of belonging. Extra curricular activities will develop your child's ability to work with teams and develop lasting friendships. Also, and most importantly, extracurricular activities help youth develop self-confidence especially if the activity that they are involved in is of genuine interest to them. Also, a factor that plays hand-in-hand with this concept is to place limits on the amount of TV and computer time. Encourage your children to be physically active. Not only does being physically active contribute to a healthy lifestyle, research shows that it can help with brain development as well.

Check on Progress. Make sure that your child is completing all of their assigned class work and maintaining the quality of work that they are most capable of. Utilize the school web-page to monitor your child's class assignments and grade reports. Also an important part of monitoring your child's progress in school is getting to know their friends and their parent's friends. This will provide insight for you to understand your child's circle of influence. Encouraging your child's ability to form healthy friendships will be a lasting tool for success in school and life.