

**aes**

American Embassy School

*An International Community*

# High School Counseling Program





# High School Counseling Mission Statement



American Embassy School Counselors assist students in discovering themselves, their interests, and their unique educational pathway. AES Counselors support the social-emotional and academic growth of each student. Counselors collaborate with students, staff, and families to maximize each student's potential by delivering a developmentally and culturally appropriate program.

## The Program



AES Counselors provide services to students, parents, school staff, and the community in the following areas:

Counselors coordinate and implement ongoing systematic activities designed to assist students individually in establishing personal goals and developing plans through **Individual and small-group guidance**.

**Responsive services** consist of activities that meet the students' immediate, unplanned, social, and emotional needs. Usually necessitated by life changes, events, and conditions (such as death, transition, divorce, fights with friends, a breakup, etc.) in the students' lives, these needs require consultation, counseling, referrals, peer mediation, and information.

The **guidance curriculum** is a structured developmental curriculum that is designed to assist students in achieving the desired competencies and to provide all students with the appropriate knowledge and skills. The guidance curriculum is presented systematically through classrooms, individual student planning, and small group activities. The knowledge, skills, and attitudes are taught using a variety of curriculum activities and materials.

### GRADE 10 Career Exploration and Work habits

#### Who do I want to be when I grow up? Exploration Guided by MaiaLearning

- Interest Profiler
- Work Values
- Family Career Genome Project

#### High School and Life Success

- Organizational Skills
- Time management
- Goal Setting and Decision Making
- Digital Citizenship

#### Career Awareness, Career Readiness, Career Goals

- Resume/CV Builder
- Career research
- Major research
- Course selection

*Individual Counselor meeting will occur at the beginning of the spring semester*

### GRADE 11 Where do I fit - University Research and Cultural Exploration

#### How do I fit in this world? Exploration.

- Third-Culture/Cross-Culture kids' dilemmas/issues
- Culture, Culture, Culture - Exploring home culture, first culture, host culture

#### Next steps? Research.

- Creating a "Considering list" on MaiaLearning
- Creating an actionable to-do list of university requirements and deadlines
- Personal Statement draft (if needed)
- References: who to ask and when

#### How do I fit? University.

- Review post-secondary options
- Review and understand your academic profile
- Factors to consider when choosing a university
  - Reviewing the prior two years of exploration

*Individual Counselor meeting will occur at the second half of the spring semester*

### GRADE 9 Introduction to High School and Self Exploration

#### Intro to High School

- Overview of HS counseling curriculum
- How to get involved, where to go
- Digital footprint/Digital citizenship
- Transition from middle to high school
- Library Literacy

#### High School Success

- Organizational Skills
- Self Management Time management
- Test-taking strategies
- Self-advocacy - How to ask for help
- Goal Setting and Decision Making

#### Self-exploration guided by MaiaLearning

- Personality Profiler
- Learning and Productivity Profiler
- Personal Values
- Multiple Intelligence

*Individual student meetings with the counselor will occur in the fall.*

### GRADE 12 Putting it all together

#### Applying to University

- Overview of the application process around the globe
- Finalizing the list of universities under "Applying list" on MaiaLearning
- Hands-on application and essay help
- Grade 12 retreat

*Individual Counselor meeting will occur in the first half of the fall semester*

#### Transition from secondary

- Life skills, hacks, and tricks
- Alumni advice
- RAFTing and leaving well

# Curriculum Overview

**Social-Emotional** learning is valued at AES. Our social-emotional curriculum is aligned with The Collaborative for Academic, Social, and Emotional Learning (CASEL) and The International School Counseling Association (ISCA). The curriculum is delivered through our grade-level seminars: Healthy Relationships, Mental Health, Friendships, Civil Discourse, Conflict Resolution, Depression, Stress and Anxiety, and many others. Along with active lessons throughout the school year, AES has implemented a research-informed mindfulness program throughout the school to assist students with self-regulation, stress reduction, and increased engagement.

**Academic, Career, and University guidance** is introduced to the grade 8 students in the latter half of their final year in Middle School as they begin to consider their transition to High School. Among other things, they, and their parents, are given guidance on course selection, the IB program, and strategies for healthy transitioning. In grade 9, students begin the formal high school curriculum with **self-exploration**. AES counseling curriculum will address and begin identifying individual passions, values, personalities and learning styles. With the foundation of self, we build the following year as we explore the age-old question: **Who do I want to be when I grow up?**

As students explore various careers of interest, we guide the conversation to the necessary educational requirements; students begin to explore various programs/majors. Once the foundation and framework are established, grade 11 students will start researching the type of **university** that would **best fit** their learning style, personality, program interest, and other factors that they consider important. From that research, they will compile their list of universities. During the last year of high school, students consolidate their work over the prior three years and initiate applications **to chosen universities and colleges**. We offer various sessions to assist the student through the process from essay writing, navigating countries' application systems, and assessing academic fit. However, that is not the end of AES guidance; in the second semester, we start the conversation on a successful transition to university.

## Contact:

### Comprehensive Counselors

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### Social-Emotional Counselor

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