

Academy of Our Lady of Mercy Lauralton Hall

GUIDANCE DEPARTMENT Course Descriptions 2010-2011

Guidance 1

The primary goal of Guidance 1 is to help with the transition to high school and a college preparatory curriculum through discussions and support groups with counselors and peer mentors. Topics include: study skills, preparation for tests, stress management, problem solving and conflict resolution. The results of the Explore test administered in the fall are explained by counselors. Students are introduced to the Naviance web-based program to create a personality profile. Counselors oversee course selection for sophomore year.

Guidance 2

Guidance 2 focuses on a review of academic skills and the development of life skill strategies. Academic skills include a review of study skills, exploration of individual learning styles and time management. Orientation to the PSAT is given. Life skills topics include decision making, self esteem building and communication techniques. Topics are covered in discussion format with handouts and personal inventories. Through the Naviance program, careers are explored based on the results of their personality profile and interests. Counselors oversee course selection for junior year.

Guidance 3

Guidance 3 focuses on the college process starting in the fall with preparation for PSAT $\text{\$}$. Students use the Naviance program to begin to explore college options and to develop a list of prospective colleges. Extracurricular resumes are developed and essay topics are discussed in preparation for college application. Counselors oversee course selection for senior year.

Guidance 4

First semester of Guidance 4 focuses on the college application process. Students share insights to facilitate the selection process. Visitations, interviews, application preparation, essay writing and a variety of guidelines are presented to the seniors. The financial aid process and scholarship opportunities are presented. In the second semester, graduation and the transition to college are discussed with topics of time management, nutrition and health, and managing personal finances.