

SCHOOL COUNSELING

“Just try new things. Don’t be afraid. Step out of your comfort zone and soar.”

MICHELLE OBAMA

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Academic Facilitator
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Peg Marland, LPC
Part-Time Counselor

Personal and group counselor specializing in conflict resolution, mediation, and improving interpersonal relationships

MISSION AND PHILOSOPHY

The mission of the Counseling Department is to assist all students in the process of personal, academic, and career development so they may reach their full potential as productive citizens in a changing society.

The comprehensive school counseling program’s philosophy is predicated on the belief that all students are unique and dynamic individuals, capable of becoming responsive and productive adults. The program is proactive and preventative in nature and is committed to meeting the needs of all students using age-appropriate programs and lessons delivered systematically by professional school counselors.

SCHOOL COUNSELING

- Provides developmental guidance for students to promote academic, personal/social, and career development in a proactive and preventive manner
- Provides individual and group counseling for students and parents in need
- Consults with faculty, parents, and administrators concerning a student’s academic, personal/social, and career success
- Provides a liaison with community agencies to garner services for students and families
- Provides individual and group support to enhance academic success for diverse learners

WHAT TO EXPECT AS A FRESHMAN AT STA

- Freshmen interview with either the personal or academic counselor to discuss their transition to high school, academic progress, and to learn about available support resources.
- Freshman STAR Seminar is a yearlong extended orientation focusing on life at STA.
- Academic support includes monitoring, conferencing, tutoring, and individual coaching for academic success.
- Personal support is offered for evaluation of life experiences, choices, and boundaries in order to better develop a value system and sense of self.
- Joining #1 Club is encouraged for freshmen who come to STA with no peers from their middle or grade school.



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