

PROGRAM:

Enhanced High School Counseling

OBJECTIVES:

Provide GEAR UP 9th graders and their families' additional support as they transition from middle school to high school, to ensure success in the freshman year. Specific services are focused on academics, career interests, four-year educational plan, post-secondary opportunities, financial aid, scholarships, WASL, graduation requirements, culminating projects, crisis intervention, family counseling, dropout prevention, drug and alcohol prevention, and conflict resolution.

LOCATION:

Zillah High School

DESCRIPTION:

This program was implemented to improve guidance for the incoming high school 9th grade cohort and their families. The program was structured to provide services in one-on-one or small group settings. Administrators, teachers and staff believed in the program, and allowed access to the students during the school day. Students met individually or in small groups with the counselor throughout the course of the school year, and were pulled from class every other month at the convenience of students and teachers. The goal was not to disrupt the student learning process, while at the same time providing additional support to succeed in the classroom and beyond.

During these meetings with the GEAR UP Site Coordinator, over the course of the year, the following topics were addressed:

- 8th grade letter covering each student's high school goals.
- How the transition to high school was progressing for each individual student.
- Completion of an interest inventory to determine strengths and areas of concern. From the results of the inventories, the site coordinator made appropriate referrals and connections.
- Completion of career interest inventory and discussed their results.
- Completion of a "four-year and beyond" plan.
- Review of credit requirements and the Portfolio of Essential Academic Requirements and Life Skills (PEARLS) with the guidance counselor.
- At the end of the freshman year, each student completed a review of their year and developed specific goals for their sophomore year with an action plan for how to achieve their goals.

IMPLEMENTATION TIMELINE:

PREPARATION ACTIVITIES:

- Meetings with staff to develop goals and objectives, and support of program.
- Development of activities and materials.
- Work with teachers to develop tentative meeting schedule.
- Identify students who require more one-on-one support.

FOLLOW-UP ACTIVITIES:

- Survey of students to determine success of program.
- On-going evaluation and feedback from teachers and parents.

COSTS OR COST CONSIDERATIONS:

The major project cost considerations were the following:

GEAR UP funds –staff stipends, travel, snacks, supplies

Staff stipends for site coordinator, tutor and/or mentor
--

School funds-professional development/training
--

CONTACT INFORMATION

Sarah Rinaldi

GEAR UP Site Coordinator

Zillah School District

(509) 829-5565

rinaldi_s@zsd.wednet.edu

RESOURCES:

Suh, S., Suh, J. (2007). Risk factors and levels of risk for high school dropouts. *Professional School Counseling*, 10(3), 297-306.