



WHY CONTACT YOUR SCHOOL COUNSELOR?

ACADEMIC:

- New student registration and orientation
- Educational planning
- Support for special needs
- Identify post-secondary options consistent with interests, achievement, aptitudes and abilities

CAREER:

- School-to-college and career information
- Information on community service activities/job shadows
- Identify personal skills, interests and abilities and relate them to current career choice
- Develop career awareness and employment readiness

PERSONAL/SOCIAL:

- School adjustment concerns
- Academic pressures
- Peer difficulties
- Student crisis and conflicts
- Information on community services and agencies

WHO IS YOUR COUNSELOR?

Class of 2022

Michelle Kim

Phone: (503) 844-1264
Email: kimm@hsd.k12.or.us

Class of 2019

Viri Negrete

Phone: (503) 844-1265
Email: negretev@hsd.k12.or.us

Class of 2020

Jem Wong

Phone: (503) 844-1250 x7013
Email: wongj@hsd.k12.or.us

Class of 2021

Andrew Hull

Phone: (503) 844-1258
Email: hulla@hsd.k12.or.us

Wellness Counselor

Caleb Hall

Phone: (503) 844-1250 x7010
Email: hallc@hsd.k12.or.us

You may see your counselor before school, after school, during lunch, or on an appointment basis.

Counseling Secretary: Paige Thompson

School-to-Work Coordinator: Allen Kopp

School-to-Work Assistant: Donna Tsai

Youth Contact: Rebecca Carney

LIBERTY HIGH SCHOOL

SCHOOL COUNSELING PROGRAM



*School Counselors are partners
in student achievement*

(503) 844-1260

7445 NE Wagon Drive
Hillsboro, OR 97124

LHS SCHOOL COUNSELING PROGRAM PHILOSOPHY

MISSION:

The mission of the LHS school counseling programs is to ensure a safe and supportive environment in which all students acquire the knowledge, skills and attitudes needed for academic, career, and social/emotional development to become life-long learners, creative thinkers, and responsible community members.

WE BELIEVE:

- All students benefit from a comprehensive school counseling program
- All students have the ability to achieve academic success in school
- All students will be supported within an inclusive school environment in order to build a strong social and academic foundation that will enable them to make positive choices in life
- Diversity is a strength, and is something to be respected and appreciated in fostering unity among students, faculty, staff, and the community
- Students are best served through supportive collaboration between school staff, families, and the community
- In providing individualized and collaborative academic planning, guidance curriculum and post-high school planning workshops so that each student will develop the skills and self-knowledge needed to set and achieve academic, career and personal/social goals both during and after high school

**We will not share any of the information you bring to us unless you inform us of a threat to harm yourself or others*

YOUR SCHOOL COUNSELORS PROVIDE THE FOLLOWING SERVICES:

COUNSELING

You should see your counselor if you are having concerns with:

- Academic Success
- Friendship Skills
- Conflict Resolution
- Stress Management
- Coping with grief and loss

GUIDANCE

Your counselor will do in-class instruction regarding:

- Effective study skills and habits.
- High school graduation credit requirements.
- Career education and exploration.
- College Planning.
- Developing effective communication skills.
- Organizational skills.
- The value of diversity.

COORDINATION

Counselors work with the following people/organizations to ensure that you are successful:

- Parents
- Teachers
- Special education department
- Administration
- School psychologist
- Community programs and referral services (mental health, education, law enforcement)



STRATEGIES FOR SUCCESS AT LIBERTY

INVOLVEMENT

It is important for students to connect with each other and the school community through:

- Clubs
- Activities
- Sports
- Volunteer Work

STUDY SKILLS

A successful student has a good grasp of effective study skills such as:

- Organization
- Time management
- Use of planner
- Completion of homework
- Avoiding procrastination
- Good work ethic

ADVOCACY

Knowing how to ask for help is an important skill for students to have. This can include participating in class through:

- Discussion
- Asking questions
- Working in small groups

The best way that students can advocate for themselves is by speaking up!

KNOWING THE RULES

With increased freedom comes increased responsibility. Knowing that you are expected to be kind, safe, and respectful before class, during class, in the hallway, and at lunch is essential to making good choices.

KNOWING YOUR RESOURCES

This is about knowing where to go. At LHS, there are a variety of resources students can utilize to get help such as:

- Media Center
- School Website
- Teachers
- Email
- Athletic Office
- Career and College Center
- Health Office
- Counseling Center