

Category	Counseling Topic	No	Maybe	Yes
Name:				
Do you need information on any of the following?				
Academic Support & Motivation				
Academic Support & Motivation	Study skills and time management			
Academic Support & Motivation	Overcoming academic challenges			
Academic Support & Motivation	Building motivation and persistence			
Academic Support & Motivation	Organizational skills for success			
Academic Support & Motivation	Test anxiety and performance confidence			
Academic Support & Motivation	Exploring learning styles and strategies			
Academic Support & Motivation	Setting realistic short- and long-term goals			
Behavioral & Social Skills				
Behavioral & Social Skills	Emotional regulation and impulse control			
Behavioral & Social Skills	Conflict resolution and communication skills			
Behavioral & Social Skills	Anger management strategies			
Behavioral & Social Skills	Developing empathy and respect for others			
Behavioral & Social Skills	Building positive relationships with peers and teachers			
Behavioral & Social Skills	Understanding consequences and personal responsibility			
Behavioral & Social Skills	Social media use and digital citizenship			
Attendance & Engagement				
Attendance & Engagement	The importance of consistent attendance			
Attendance & Engagement	Barriers to attendance and problem-solving solutions			
Attendance & Engagement	Reconnecting to school purpose and belonging			
Attendance & Engagement	Building routines and structure			
Attendance & Engagement	Finding motivation to attend and participate			
Pregnant & Parenting Students				
Pregnant & Parenting Students	Balancing parenting and education			
Pregnant & Parenting Students	Accessing childcare and community resources			
Pregnant & Parenting Students	Healthy relationships and co-parenting			
Pregnant & Parenting Students	Stress management for young parents			
Pregnant & Parenting Students	Self-care and mental wellness			
Family & Home Issues				
Family & Home Issues	Coping with family conflict or instability			
Family & Home Issues	Communication skills within the family			
Family & Home Issues	Dealing with parental expectations or absence			
Family & Home Issues	Building a support network outside the home			
Family & Home Issues	Managing household responsibilities and academics			

Substance Use Prevention & Intervention				
Substance Use Prevention & Intervention	Understanding the effects of substance abuse			
Substance Use Prevention & Intervention	Coping skills for peer pressure			
Substance Use Prevention & Intervention	Healthy alternatives to substance use			
Substance Use Prevention & Intervention	Decision-making and risk awareness			
Substance Use Prevention & Intervention	Accessing support and treatment resources			
Financial & Career Planning				
Financial & Career Planning	Managing financial stress and responsibilities			
Financial & Career Planning	Budgeting and financial literacy basics			
Financial & Career Planning	Exploring career interests and pathways			
Financial & Career Planning	Job readiness and employability skills			
Financial & Career Planning	Understanding the link between education and income potential			
Physical & Mental Health				
Physical & Mental Health	Recognizing signs of stress, anxiety, and depression			
Physical & Mental Health	Building resilience and coping mechanisms			
Physical & Mental Health	Accessing school or community mental health services			
Physical & Mental Health	Nutrition, sleep, and physical wellness			
Physical & Mental Health	Mindfulness and relaxation techniques			
Physical & Mental Health	Suicide prevention and crisis response			
Juvenile Justice & Legal Issues				
Juvenile Justice & Legal Issues	Understanding legal rights and responsibilities			
Juvenile Justice & Legal Issues	Restorative practices and making amends			
Juvenile Justice & Legal Issues	Rebuilding trust and positive reputation			
Juvenile Justice & Legal Issues	Developing a plan for reentry and academic success			
Juvenile Justice & Legal Issues	Building self-advocacy and decision-making skills			
Personal Growth & Empowerment				
Personal Growth & Empowerment	Self-esteem and confidence building			
Personal Growth & Empowerment	Identifying personal strengths and values			
Personal Growth & Empowerment	Developing a positive mindset			
Personal Growth & Empowerment	Setting boundaries and making healthy choices			
Personal Growth & Empowerment	Leadership and peer mentoring opportunities			
Personal Growth & Empowerment	Vision mapping for life after high school			
Planning for the Future-Career Goals				
Planning for the Future-Career Goals	Exploring student interest inventories and connecting them with coursework			
Planning for the Future-Career Goals	Visualize your ideal future and the kind of work and life that would be fulfilling.			
Planning for the Future-Career Goals	Develop what is most important to you, whether it's the work itself, salary, location, or work-life balance.			
Planning for the Future-Career Goals	Develop a master plan with short-term, manageable steps that build toward your long-term objectives.			
Planning for the Future-Career Goals	Understanding how personality traits can influence career and employment patterns			