

**Do I want to talk to a
COUNSELOR or a COACH?**

Guidance COUNSELING Office (*Here daily*)

- Scheduling issues: *Can I change my classes?*
- Credits and requirements: *What is required for graduation?*
- Scholarships/college requirements: *How can I get to college?*
- Academic/teacher concerns: *How can I do my best work?*
- Personal/emotional concerns: *How can I take care of myself?*
- Relationship issues: *How do I get along with others?*
- Mediation: *How to resolve conflict?*

COACHING Office (*Library Tues.-Thur. 12-3:45*)

- Goal setting: *Where am I going?*
- Planning for future success: *What do I do to get there?*
- Removing the barriers to success: *What is in my way?*
- Identification of personal strengths: *What can I build on?*
- Self-awareness and self-development: *How can I improve?*
- Self-empowerment: *How do I take control of my life?*