El Camino Counseling Services

- Academic and Guidance Advising
- Crisis Counseling
- Referrals for personal, group, family & long term counseling
- Resources for parents and teens on teen issues
- College and Career Planning
- R.O.P. Advising

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For more information:
http://www.sanjuan.edu/ElCamino
http://www.capta.org
http://school.familyeducation.com/highschool/parenting

Naviance Family Connections
Naviance is an innovative educational planner the San Juan Unified School District is providing to all students grade 7-12. The Naviance Succeed Program is a comprehensive, web-based resource that helps students develop a unique career, college and educational pathway toward their individual aspirations.

Feel free to explore the site and to take advantage of its many activities. You can easily save your information. All of the tabs have activities or other useful tools. You will use the same pin number and password that you use for Zangle. El Camino Family Connection web address:
http://connection.naviance.com/elcaminohs

Naviance Family Connections

El Camino Fundamental High School
Respect, Responsibility, Readiness

New Family Orientation
Steps to Success

Administrators
Shelley Friery, Principal
Colin Bross, Vice Principal
Liz Sisson, Vice Principal

Sponsored by:
EC PTSA and ECFHS
Steps to Success

• **Support** - Young people need to experience support, care, and love from their families and many others. They need organizations and institutions that provide positive, supportive environments.

• **Empowerment** - Young people need to be valued by their community and have opportunities to contribute to others. For this to occur, they must be safe and feel secure.

• **Boundaries and expectations** - Young people need to know what is expected of them and whether activities and behaviors are “in bounds” or “out of bounds.”

• **Constructive use of time** - Young people need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement, and quality time at home.

• **Commitment to learning** - Young people need to develop a lifelong commitment to education and learning.

• **Positive values** - Youth need to develop strong values that guide their choices.

• **Social competencies** - Young people need skills and competencies that equip them to make positive choices, to build relationships, and to succeed in life.

• **Positive identity** - Young people need a strong sense of their own power, purpose, worth, and promise. The asset framework is a framework that includes everyone. Families, schools, neighborhoods, congregations, and all organizations, institutions, and individuals in a community can play a role in building assets for youth.

Peer Pressure

**It Isn’t Easy Being Me**

All teenagers are faced constantly with decisions that are critical to their well-being. While pressure from many sources bombard them, at this age, peer pressure is a major influence in their lives—pressure often involving decisions about whether to use drugs and alcohol, become sexually active, or drop out of school. The decision-making skills that parents have been helping their child learn all along can now become the guiding factors in the choices a teenager makes.

Some Peer Pressure is Good

Hanging out, listening to the same music, dressing, and talking as their friends do are all normal steps teenagers take in struggling for their independence. Having to belong is preparation for the bigger step of becoming an independent adult. Parents must understand how important it is to most teenager to be part of the crowd. With the support of their peers, teens learn how to build friendships, including friendships with the opposite sex. They use each other to develop, test, and practice social skills. Their friends serve as the bridge between dependence on the family and the independence needed as an adult. Parents need to understand that positive peer pressure serves a purpose, but teens need help resisting pressures that are contrary to the family’s values. The key to dealing with negative peer pressure is self-confidence. Teenagers who are unsure of themselves and want to be accepted are much more likely to give in to negative peer pressure than those who have plenty of confidence.

Parent Tips

• Show interest in your teenager’s activities.

• Support your teenager’s growing independence. Encourage responsibility.

• Help set realistic goals.

• Avoid personal criticism. When it is necessary to be critical, it is better to attack the problem.

• Show your teenagers you love and respect them. Knowing they can count on you will help them develop confidence in relationships with people outside the family.

When should I call my student’s Teacher?

• Concerns about a grade the student earned in class

• After School detentions assigned by the teacher

• Homework assignments/test material

• Student Progress

• Course description

• Teacher tutoring availability & office hours

When should I contact my student’s Counselor?

• Schedule change policies

• Educational planning

• Transcript review

• Overall academic progress towards graduation

• College entrance tests

• College/vocational preparation

• Financial aid/scholarship assistance

• Alternative educational placement

• Crisis in the family

• Concerns of substance abuse

• Referrals for long-term counseling