

**Academy of Our Lady of Mercy
Lauralton Hall**

***GUIDANCE DEPARTMENT
Course Descriptions 2008-2009***

Guidance 1

Primary goal is to help with transition to high school and a college preparatory curriculum through discussions and support groups with student mentors. Topics include: an overview of school rules and regulations, study skills, preparation for tests (including the ERB), stress management, problem solving, and use of the library center. A career decision-making inventory is administered and career clusters are explained and discussed.

Guidance 2

Focuses on a review of academic skills and the development of life skill strategies. Academic skills include a review of study skills, exploration of individual learning styles and time management. Orientation to the PSAT is given. Life skills topics include decision making, self esteem building, communication techniques and substance abuse. Topics are covered in discussion format with handouts and personal inventories.

Guidance 3

Focuses on self assessment and preparation for standardized testing and the college search process. An interest inventory is administered and extracurricular resumes are developed. Juniors begin to explore college options and make decisions concerning types of colleges and locations as they begin the college selection process.

Guidance 4

First semester focuses on the college application process. Students share insights to facilitate the selection process. Visitations, interviews, application preparation, essay writing and a variety of guidelines are presented to the seniors. In the second semester graduation and the transition to college is discussed with topics of time management, nutrition and health, and managing personal finances.