Hoover High School Counseling and Guidance program provides comprehensive counseling services fostering academic success, personal social growth and post-secondary planning. School Counselors are advocates who empower students to maximize their potential, curiosity and resilience in order to lead, contribute and thrive in a diverse, changing world.

**Hoover Counselors Believe:**

All students have the opportunity, access and ability to achieve.

All students have a right to a safe and supportive learning environment.

All students have the right to be treated with dignity and respect.

All students have a right to a quality and rigorous education.

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**Individual Counseling**

- **Appraisal** – Assist students in evaluating interests, abilities, skills and achievements

- **Short-term and goal-focused counseling**

- **Crisis response** – provide support and assistance to students and families as they navigate crisis and emergency situations

- **Advisement** – assist students in goal setting based on academic, career, and social/emotional data

5 different academies to choose from!

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**Small Groups**

- Planned, short-term and goal-focused groups ranging from academic support to socio-emotional needs

- Planned activities outside the classroom promoting academic, career or social/emotional development

- SDSU Freshman for a Day, Cardinal for a Day, College Campus Visits, Career Exposure

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**Classroom Lessons**

- **Instruction** – Guidance lessons including topics such as the College Application Process, High School Graduation Requirements, Managing Stress, Financial Aid
On Campus Resources:

Community Law Project (CLP):
Free legal information and referrals to students and parents
Tuesdays
12:00 pm - 2:00 pm
www.cwclp.org

College Avenue Compact (CAC):
College bound program that works specifically with Hoover students, guaranteeing admission to San Diego State University (SDSU) for all students who meet the CAC benchmark requirements.
Monday - Friday
After School & by Appointment
www.collegeavenuecompact.com/

La Maestra Community Health Center:
Wellness physicals; Immunizations; Sick visits; Same day visits; Specialist referrals; Continuing care; Dental Care
(619) 795-5979
http://www.lamaestra.org/

Off-Campus Resources

San Diego LGBTQ+; Hillcrest Youth Center
The Center provides targeted programs and services to the full diversity of the San Diego LGBT community, including men, women, youth, seniors, trans and non-binary individuals, families
(619) 692-2077
1807 Robinson Ave, Suite 106
San Diego, CA 92103
http://www.thecentersd.org/contact/

YMCA Youth and Family Services
www.yfs.ymca.org
(619) 281-8313 Community Center
(619) 543-9850 Counseling

Shelters and Housing Services:

Homestart Inc. San Diego
www.home-start.org
5005 Texas St., Suite 203
San Diego, CA 92108
(619) 692-0727

San Diego Youth Services
www.sdyouthservices.org
3255 Wing Street
San Diego, CA 92110
(619) 221-8600

Food Resources:

Bridge of Hope
4802 Trojan Ave.
San Diego, CA 92115
Tel: (858) 380-7993

Wesley Community Services
5380 El Cajon Blvd.
San Diego, CA 92115, USA
Tel: (619)354-8094

Crisis Hotline
Access and Crisis
Available 24/7
(888)724-7240

San Diego Resources and Information
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