

Hoover High School



4474 El Cajon Blvd, San Diego, CA 92115

(619) 344-4500

<https://www.sandiegounified.org/schools/hoover>

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.

Individual Counseling

- ▶ **Appraisal** – Assist students in evaluating interests, abilities, skills and achievements
- ▶ **5 different academies to choose from!**
- ▶ **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
- ▶ **Academic advising offered through 24+ ADDITIONAL Support programs such as Cardinals Interact, TriO programs, College Avenue Compact**

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
- ▶ **SU Freshman for a Day, Cardinal for a Day, College Campus Visits, Career Exposure**

Classroom Lessons

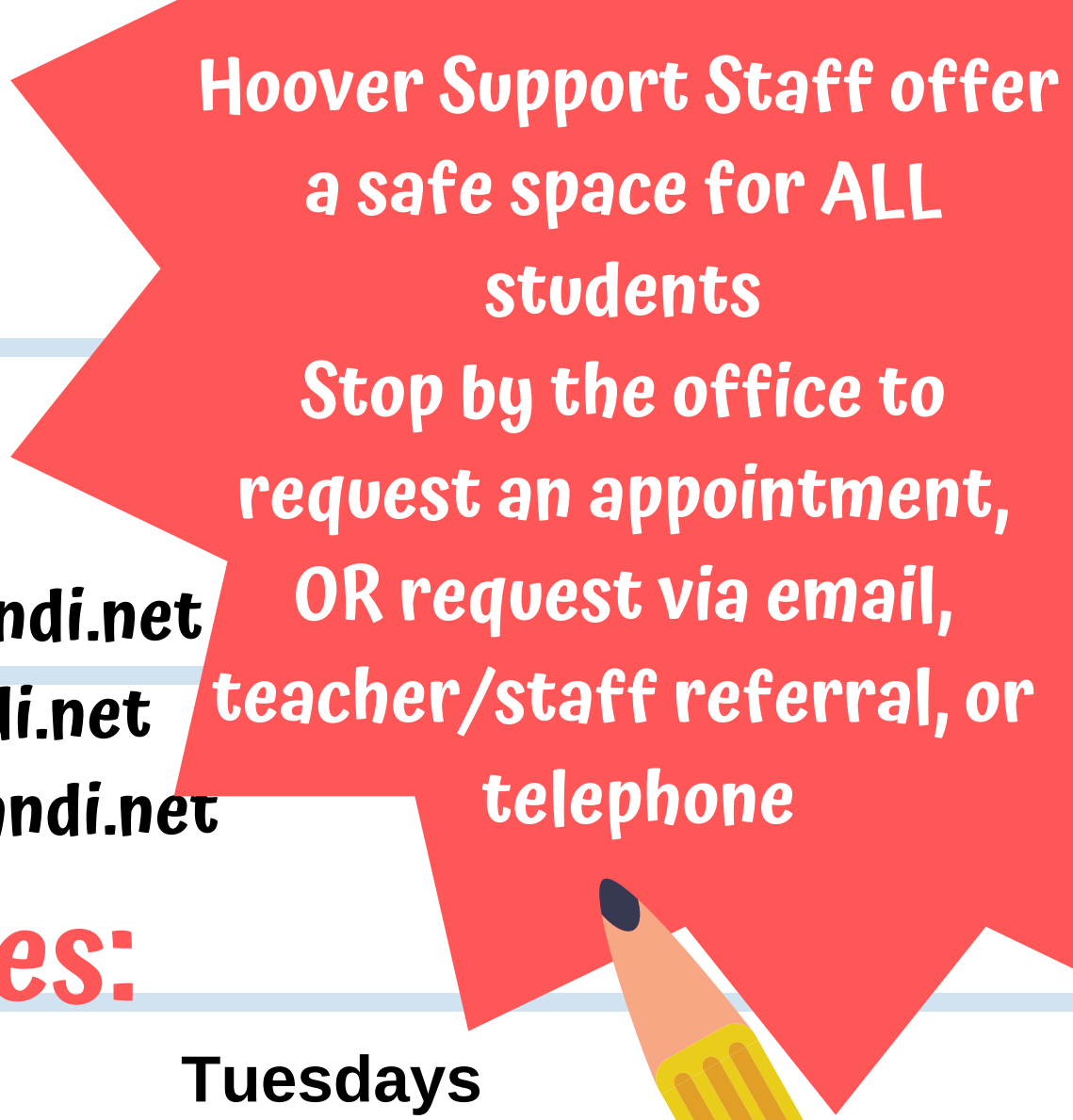
- ▶ **Instruction** – Guidance lessons including topics such as the College Application Process, High School Graduation Requirements, Managing Stress, Financial Aid



**Hoover
Support
Team**

Tawnya Pringle tpringle@sandi.net
Andrea Muñoz amunoz@sandi.net
Francisco Zavala fzavala@sandi.net
Patricia Hollman phollman@sandi.net
Laura Romo lromo@sandi.net

Intervention Counselor: Sabrina Cox scox@sandi.net
Pupil Advocate: Camilo Perez cperez5@sandi.net
School Social Worker: Cindy Alfaro calfaro@sandi.net



**Hoover Support Staff offer
a safe space for ALL
students**
**Stop by the office to
request an appointment,
OR request via email,
teacher/staff referral, or
telephone**

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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