**FRESHMAN PROGRAM COUNSELING DEPARTMENT GOALS**

**ACADEMIC**: Create a College Going Culture

* Graduation Requirements
* Create a 4 year plan
* PSAT
* Create a College Board Account
* Explore Careers/Colleges through Naviance

**PERSONAL:**

* Decision Making Skills
* Conflict Resolution
* Developing Confidence/Self Esteem

**EMOTIONAL/SOCIAL:**

* Recognizing signs of depression/healthy coping skills
* How to form healthy relationships
* Positive forms of reacting to stressors