

Westlake Charter High School

# Counselor's Corner Newsletter



## Welcome Back Explorers!

We are so excited to be kicking off another school year! We will continue to send out a newsletter at every semester to share what we have been up to! Please read along in this newsletter to learn a little bit more about how school counselors at Westlake can support your student.

*School counselors at Westlake Charter School work to provide a systems-focused, developmentally appropriate, data-driven program that actively works to ensure that all our students feel supported and challenged to meet high standards in their academics, their social/emotional growth, and their college and career trajectories as global leaders.*



### Where can you find us?

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#### Contact the Counselor:

**Parwana Daud (RM 107)**

**Email: [pdaud@westlakecharter.com](mailto:pdaud@westlakecharter.com)**

**Phone: (707) 676-6047**

**Visit our website at [bit.ly/wcscounseling](https://bit.ly/wcscounseling)**



## Meet your Counselor!



# Parwana Daud

High School Counselor

Hi High School Explorers! I am so excited to serve as your High School Counselor at Westlake! This is my second year at WCHS and third year as a school counselor. I am so glad to be back in school with all of you. I am a proud Sacramento native and love all things Sacramento including our Sacramento Kings! I received my B.S in Human Development with a minor in Education from UC Davis and my M.S in Counseling with a specialization in School Counseling from Sacramento State.

In my free time, I love spending time with my family and friends, being outdoors, and having an occasional Netflix binge!

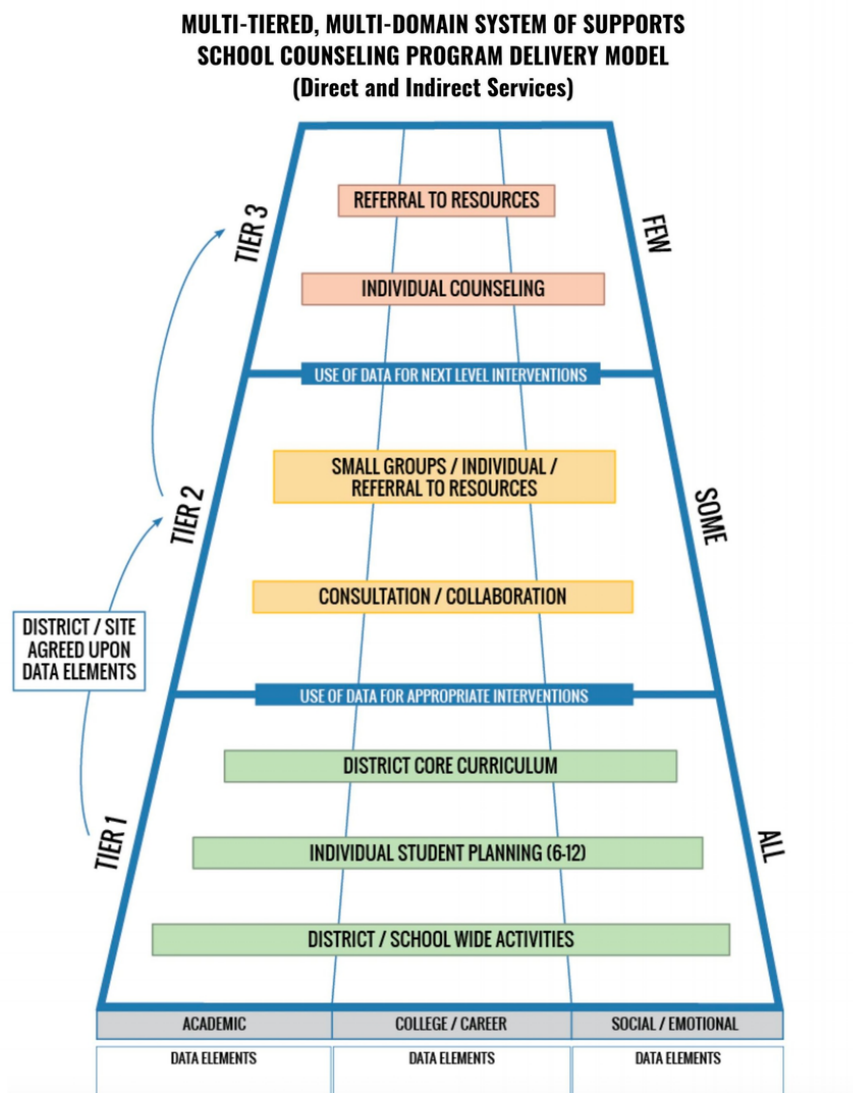
I cannot wait to get to know each and every one of you this school year. Be sure to say hi to me when you see me in the hallways!

# What does a school counselor do?

## School counselors help all students:

- Apply academic achievement strategies
- Manage emotions and apply interpersonal skills
- Plan for post secondary options (higher education, military, work force)

School  
counselors work  
to create a  
future where all  
students thrive



School counselors serve students across three domains (academic, social-emotional, and college/career) and within three tiers (all students, some students, few students). Click [HERE](#) to learn more.

# What about at WCHS?

## Schoolwide Events



Last year, all students participated in the following schoolwide events: Start with Hello Week, Be a Lifesaver-Suicide Prevention, and College Week. Students also had the opportunity to participate in the Great Kindness Challenge and Student Mental Health Week alongside students state and nationwide!



## Individual Counseling

School counselors offer brief, short-term, solution focused counseling related to helping students attend to their academics. If you would like to schedule an appointment from your student, click [HERE](#)

50+

## classroom lessons 21-22

### Topics including:

- Meet the Counselor
- Taking Care of your Mental Health
- Coping with Stress & Anxiety
- Emotional Regulation

### Healthy Relationships/Friendships

- High School Readiness
- Career and Life Skills
- Transcript Evaluation
- Career Exploration
- College Entry Requirements

## COLLEGE VISITS

### College Visits to:

- Sonoma State University
- UC Davis

### Virtual Visits from:

- CSU Fullerton
- San Diego State University
- University of Nevada, Reno
- New York University