

The Fort Calhoun High School Guidance Department delivers a comprehensive, developmental counseling program aligned with Nebraska Rule 10 (Section 007.05). The program supports student success in academics, career/college readiness, and personal / social development for all students in grades 8–12.

Rule 10 – Section 007.05 Compliance

A. Written Program Plan

Fort Calhoun High School implements a district-wide written guidance plan outlining program goals, services, delivery methods, and evaluation strategies. The plan is informed by the Nebraska Career Education Model and the ASCA National Model and is reviewed to ensure relevance and effectiveness.

B. Certified Counseling Staff

Guidance and counseling services are provided by certificated and appropriately endorsed school counselor(s) who meet Nebraska Department of Education standards.

- Michelle L Hernandez (Micki), School Counselor (Grades 9–12)
Nebraska Certified, 29 Years of Experience

Staffing levels meet the recommended student-to-counselor ratios.

C. Program Components

1. Academic Support

- Course selection and scheduling aligned with graduation and postsecondary goals.
- Credit checks and academic progress monitoring.
- Support for credit recovery and intervention planning.
- Collaboration with teachers and administration to support academic achievement.

2. Career Development

- 8th Grade Careers Class: All 8th graders participate in a quarter-long careers course that explores career clusters, postsecondary options, employability skills, and interest assessments using platforms like Nebraska Career Connections.
- Pioneer Learning Plans (PLPs): Beginning in 8th grade, each student develops a personalized four-year academic and career plan. The PLP is reviewed and updated annually during one-on-one advising sessions with the school counselor.
- Advising Sessions: All students in grades 9–12 participate in individual advising to review academic progress, adjust course plans, and discuss career/college goals.
- Junior Jumpstart Appointments: Each spring, all sophomores and their parents/guardians are invited to a dedicated individualized planning meeting with the high school counselor. Topics include:
 - Course planning for junior/senior years
 - Dual credit, CTE, and advanced coursework
 - College and career goal-setting
 - ACT preparation
 - Scholarship and financial aid timelines

3. Social/Emotional Development

- Short-term, confidential individual counseling is available for students experiencing personal, emotional, or social difficulties.
- When additional support is needed, referrals are made to an in-house licensed mental health therapist, available at the school during the week.
- Families also have access to free counseling services through Arbor Family Counseling in Omaha, provided via the school district's Student Assistance Program (SAP) contract.

- Crisis response protocols are in place and implemented collaboratively with school administration, school mental health professionals, and community partners.

4. System Support

- The guidance department actively communicates with families through emails, parent meetings, and school events.
 - Counselors collaborate with teachers to identify and support students' academic and emotional needs.
 - Community partnerships support career exposure, dual credit opportunities, and wraparound mental health services.
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D. Student Access

All students in grades 8–12 have equal access to counseling and guidance services. The department ensures proactive engagement through scheduled advising sessions, classroom instruction, and open referral policies for both students and families.

E. Program Evaluation

Program effectiveness is evaluated using:

- Student, parent, and staff feedback,
- Graduation and postsecondary enrollment data,
- Utilization of mental health and support services,
- Continuous review of PLP implementation and advising effectiveness.

Evaluation outcomes drive improvements in programming and service delivery.

Summary

The Guidance Department at Fort Calhoun High School is in full compliance with Nebraska Rule 10. Through structured academic advising, early career exploration, individualized learning plans, and access to in-school and community mental health supports, the program is designed to promote whole-student success K-12.