

## Meet the School Counselor

Hello cougar families! My name is Jillian Hove and the 2019-2020 school year marks my 4<sup>th</sup> year at Kilo and my 7<sup>th</sup> year working as a middle school counselor. I have my Masters degree in Counseling with a School Specialization from the University of San Diego and I earned my Bachelor's degree in Psychology from Western Washington University. I have been Nationally Certified by the National Board for Certified Counselors (NBCC) since 2014. When I am not at Kilo, I enjoy teaching hot yoga, spending time with my son and husband, taking our dog on walks, and exploring the Pacific Northwest with family and friends.

I am available to meet with students and families by appointment from 7:30-3:00 Monday-Friday. Please feel free to email me at [jhove@fwps.org](mailto:jhove@fwps.org) or call me at (253) 945-4708

**During the COVID-19 school closure, I can be reached on my Google Voice number at (619) 607-3365. I am still available for students and their families via text, email, or phone calls. I am also available through zoom video conferencing by appointment.**



## **Mission, Vision, and Beliefs**

### Mission:

The mission of Kilo Middle School's Counseling Program is to empower all scholars to reach their fullest potential by providing a comprehensive and equitable school counseling program to facilitate their academic, career, social and emotional development. The counseling program, as guided by the American School Counseling Association (ASCA) National Model, will promote an enthusiasm for learning, personal growth, and a sense of social responsibility.

### Vision:

The scholars at Kilo Middle School will be prepared to graduate from high school with the skills and knowledge they will need to be career and college ready. They will be respectful and productive, culturally sensitive members of their diverse community. They will have the skills necessary to cultivate positive and healthy relationships. By continuing to be lifelong learners, our scholars will be successful leaders of our future.

### Beliefs:

- All scholars will have access to school counseling services
- All scholars have a right to enter a safe and welcoming school environment
- All scholars will be supported academically, socially, and emotionally
- All scholars will have the right to quality education that educates the whole person and encourages scholars to be lifelong learners.

## **College Bound Scholarship**

The College Bound Scholarship is an amazing opportunity for middle school students in 7th and 8th grade in the state of Washington. This scholarship is intended to inspire students from low-income families to pursue postsecondary education. The scholarship covers tuition, some fees and a small book allowance for participating institutions.

Eligible students must complete the application by June of their 8th grade year. Applications can be found online at:

<http://readysetgrad.org/college/College-Bound-Sign-Up>

For a list of participating institutions, please visit the following webpage:

<http://readysetgrad.org/sites/default/files/00.participatinginstitutions.pdf>

If you have any questions about the scholarship or the application, please call or email Jillian Hove, the school counselor, or visit the webpage at:

<http://readysetgrad.org/college/college-bound-scholarship-program>

## Community Resources

### Counseling:

KFM Counseling

33442 1<sup>st</sup> Way South Suite 101

Federal Way, WA 98003

(206) 470-9842

kfmcounseling.com

Valley Cities Behavioral Health Care

Federal Way

Comprehensive Services

33301 1<sup>st</sup> Way South, Suite C-115

Office Hours: Mon-Thurs 8:30-6:15pm, Fri 8:30-5:00pm

Bus Routes: MT 903

Valley Cities Behavioral Health Care

Auburn

Comprehensive Services

2704 'I' Street NE

Auburn, WA 98002

Office Hours: Mon-Thurs 8:30-6:15pm, Fri 8:30-5:00pm

Bus Routes: MT 910, MT 180

### Crisis Hotlines:

Teen Link

(866) 833-6546

Domestic Violence Services:

DAWN

Shelter Services, Community Advocacy

(425) 656-7867

Emergency Assistance:

Multi-Service Center

Emergency Assistance

1200 S 336<sup>th</sup> St

Federal, WA 98003

(253) 838-6810

Parenting:

Birth to Three

35535 6<sup>th</sup> Place SW

Federal Way, WA 98023

(253) 874-3630

## School Counseling Services Explained

School Counseling services are delivered in four specific ways:

- **Classroom Counseling Curriculum**- *designing ,structuring, and delivering classroom lessons so that students develop specific outcome-driven competencies in all grades 6-8 (personal/social, academic, career)and driven by the needs of the school population*
- **Individual Student Planning**- *assisting students with goal setting (behavioral, academic, etc.), coping skills, study skills, etc.*
- **Responsive Services**- *meeting immediate student needs (counseling, crisis intervention, consultation, referral, and restorative peer mediation.*
- **System Support**- *school wide program planning and implementation (PBIS, AVID, restorative practices, etc.), consulting with other professionals, coordination of various supports for students and families*

Federal way School Counselors facilitate the academic, career, and personal/social development of all students. School Counselors are integral members of a support team put in place to serve all students. This team will directly impact student achievement by delivering comprehensive services to meet the needs of students in the 21st century

How does your scholar experience school counseling services?

- **Individual Counseling**- I may work with a student in a safe and positive setting to address issues that 'get in the way' of school achievement. Topics are based on the needs of the student and may include: understanding feelings, changing families/divorce, grief, stress, social skills, academics, bullying, problem-solving, and decision-making.
- **Small Group Counseling**- A process where students sharing similar issues or concerns work together in a small group environment consisting of about 4-7 peers. The group sessions usually last about 30-45 minutes and are held for approximately 6-8 weeks. Topics are based on the needs of the students and may include divorce or changing families, grief and loss, friendship and social skills, study skills, conflict resolution, anger management, self-esteem, and stress-management.

- **Classroom Counseling lessons-** I develop and implement 6-8 classroom curriculum driven by national and county school counseling outcomes. Classroom lessons address personal, social, academic, and career-related needs at your scholar's developmental level. Topics may include self-esteem, conflict resolution, study skills, anger management, career and college exploration, high school planning, friendship/social skills, responsibility, teasing/bullying, feelings, goal setting/decision-making, and peer pressure.

Like other subjects in school, students are expected to be able to meet specific standards and guidelines in the realm of school counseling domains such as academic, social-emotional/personal, and college/career planning and preparation.

<https://www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf>



# ASCA National Model

