



Hello Holy Cross Families,

I am honored to be one of the first to welcome you and your child to our community this year! As the Guidance Counselor for Holy Cross of San Antonio, I am committed to continue supporting the social-emotional, academic, college, and career needs of our students. While the current health crisis has brought much uncertainty, there is one thing that we are certain of—the mental health and well-being of our students is of top priority, especially during this time. With that said, listed below are the services available to our students through our Counseling Program during the 2020-2021 school year.

### **Counseling Services**

**Individual Counseling (Telemental health and In-Person):** For students requesting social-emotional support, telemental health and in-person sessions are available. Counselor appointments will take place after the school day and can be scheduled by contacting Ms. Melissa Romero at 210-433-9395 or [melissa.romero@holycross-sa.org](mailto:melissa.romero@holycross-sa.org). For telemental health sessions, an [Informed Consent](#) must be completed by the parent/legal guardian for online counseling services to take place.

**Academic Counseling:** To further support the academic success of our students, counseling is offered to help define academic goals, identify academic strengths and areas for growth through the Naviance Strengths Explorer assessment, and identify the student's preferred learning styles through the Naviance Learning Styles Inventory.

**Academic Check-Ins:** Will take place at the release of the Progress Report and Report Card during the school year. For students who are not receiving a passing grade of 70, an appointment with the student and parent will be scheduled with either the Academic Dean, Mr. Richard Vasquez or the Counselor, Ms. Melissa Romero. Parents are welcome to schedule appointments at any time during the academic year to discuss their son/daughter's grades.

**Peer Support Group:** Students will have the opportunity to connect and build community with other students through a Counselor led support group. The focus of this group is to provide guidance and encouragement to students who may be facing similar challenges. This group will offer students a safe platform for open discussion with their peers and will meet on a monthly basis.

**Virtual/In-Person Guidance Lessons:** Students will be introduced to a variety of guidance lessons that we have identified as an integral part of their success at Holy Cross and after graduation. These lessons will focus on the following topics:

*Naviance Overview*

*The RoadMap to College*

*Transition into Middle School*

*Transition into High School*

*Transition into College/Career*

*Building a Resume*

*Test Preparation for College Admission*

*Building Relationships and Community*

*Empathy, Respect, and Kindness*

*Self-management Skills*

*Conflict Resolution and Bully Prevention*

*Self-awareness and Social-awareness*

New to this school year is a series of **Monthly Counselor Webinars** that will be offered on the following topics:

- *The RoadMap to College (August 31st )*
- *Applying to College (September 8th)*
- *Applying for Scholarships and Financial Aid (October 1st)*
- *Testing Policies for College Admission (test-optional schools, SAT, ACT) (November 2nd)*
- *Understanding your SAT Scores (December 7th)*
- *Understanding your Financial Aid Award Letter (January 2021)*
- *The RoadMap to College for Juniors (February 2021)*
- *The College Campus Visit Experience (March 2021)*
- *Making Your Final College Choice (April 2021)*
- *Transition into High School (May 2021)*

\*A meeting link will be provided to our Holy Cross families a week before the webinar. For those unable to attend, the session will be recorded and shared at a later date.

**Virtual College Admission Visits, College Fairs, and Presentations:** Students will have the opportunity to visit with representatives from many colleges and universities, to include those that are private, public, in-state, and out-of-state. For the fall, all college visits will take place virtually for the health and safety of our students. Students will be notified in advance of these opportunities so that they may sign-up through Naviance to attend the sessions. We understand that finding the right fit of a school is vital for the success of our students and presenting them with a variety of options is the key to their future.

Should you have any questions, please feel free to contact me at [melissa.romero@holycross-sa.org](mailto:melissa.romero@holycross-sa.org) or at 210-433-9395. Again, welcome to Holy Cross of San Antonio! I look forward to working with you and your child as they begin this next chapter of their educational career!

*Regards,*

Melissa Romero  
Guidance Counselor  
Holy Cross of San Antonio