

Poway High School Peer Counseling Program

The Peer Counseling Program is a program of up to 88 students trained to assist other students with personal, social, and academic concerns. Peer Counselors provide the following services:

- ☆ **Tutoring and Subject Skill Improvement:** Many peer counselors volunteer time as a tutor or mentor to students requesting help in specific subject areas.
- ☆ **New Student Orientation:** As new students arrive during the year, PCs give individual campus tours and help with the acquisition of bus passes, lockers, books, etc. Before school begins in August, they put on a New Student Orientation program for students entering PHS as new students.
- ☆ **Support:** PCs pair with PHS students having special needs for socialization and academic assistance.
- ☆ **Personal Problems:** PCs are available to students on a confidential basis for discussion of personal/social concerns (by appointment during non-class time), through counselor, Student Services Office, teacher, parent or self-referral.
- ☆ **Mentors:** PCs serve as mentors to younger students. They meet once a week for about an hour to help with academic or social concerns.
- ☆ **Community Relations:** PCs assist PHS counselors at evening information functions (College Night, Back-to-School Night, etc.), and are available to represent PHS at community events as needed. Outreach may include retirement home visits, interfacing with community service organizations, and availability to the elementary and middle schools for special programs.
- ☆ **PLUS (Peer Leaders Uniting Students):** PCs put on three PLUS forums per year. They facilitate large and small group discussions.

ETHICS

Peer Counselors must maintain a high standard of ethics. PC's agree to the following:

- Have **unconditional positive regard** for every person you meet
- Respect **confidentiality** except in the case where there is a potential of danger to others
- **Refrain from giving advice**
- **Know when to refer out and get help**
- **Outreach and follow-up**
- Model **peaceful and nonviolent behavior**
- Strive to maintain a **healthy lifestyle** and **healthy self-concept**
- **Abide by school rules and follow the law**

For more information, contact Traci Barker-Ball at 748-0245 ext. 5393.

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