CHALLENGER MIDDLE SCHOOL COUNSELING CENTER

Ms. Haghi
Last Names: A-G

Mrs. Vo
Last Names: H-N

Ms. Hosking
Last Names: O-Z

When should I see my counselor?

Academic
- Transitioning to Middle School
- Time Management
- Organization & Study Skills
- Goal Setting
- High School planning

Social/Emotional
- Personal situations
- Peer relations
- Restorative practices
- Stress and Anxiety

- Academic Advising
- Individual Counseling
- Support Groups
- Mediation
- Career & College Exploration
- Referrals for Mental Health Services

How can I request to see my counselor?

- In cases of emergency - ask your teacher for a pass
- Come to the office before or after-school
- See us during lunch
- Send us an email
- Submit a "Request to See Counselor form" to the office or online