Summary of Services

Guidance:
- Self-confidence development
- Motivation to achieve
- Decision making, goal setting, planning and problem solving skills.
- Interpersonal effectiveness (social skills)
- SEL activities & lessons
- Responsible behavior
- Facilitation of topic specific small groups

Responsive Services:
- Prevention & Intervention Services

Individual Student Planning:
- Academic
- Career Development
- Personal & Social

Counseling sessions are confidential in nature. I will not share the details of the session with anyone unless the circumstances discussed require me to do so. Here is a list of things I would have to report:
- Severe drug or alcohol abuse
- Dangerous sexual activity
- Suicidal thoughts, intentions or attempts.
- Homicidal thoughts, intentions or attempts.
- Abusing an elder or child
- People abusing you
- A court order to testify in court.

CONFIDENTIALITY
Wendler’s Counseling Office Services

Wendler Counseling Program Mission Statement
The Wendler Counseling Program mission is to provide a comprehensive culturally aware school counseling program that decreases barriers to academic achievement through student advocacy and to promote student success through a focus on academic achievement, social-personal and career development.

Wendler Counseling Program Vision Statement
Wendler Counselors strive to empower students with self-advocacy knowledge, skills, work habits, Social Emotional Learning (SEL) competency to guide students toward future success.

Wendler Counselor Goals
We are student advocates with a strong desire to provide students with advising, counseling and coaching that emphasizes the student’s academic, intellectual, SEL development, while maintaining cultural awareness for our students and their families.

INDIVIDUAL COACHING & COUNSELING
- Academic Advisement
- Personal Wellness Advisement
- Short & Long Term Goal setting
- Family/personal issues
- Self-identity / awareness
- Communication Skills

SMALL GROUP COACHING & COUNSELING
- Time management
- Stress management
- Testing Preparation
- Study strategies
- Peer Mediation
- Conflict Resolution
- Test Anxiety Reduction
- Grief

Grade Level Seminars & Workshops
- Goal Setting
- Career Exploration
- Personal Wellness
- Graduation Requirements
- Resume Writing
- Financial planning
- Communication Skills
- Understanding standardized testing.

INTERVENTION & PREVENTION SERVICES
- Internet Safety
- Suicidal Ideation
- Self harm Ideation
- Stress / Anxiety
- Relationship Conflicts
- Grief Depression
- Harassment, Intimidation & Bullying.

Mrs. Moss has been in Alaska for 8 years. As a native of Georgia, she loves the Georgia Bulldogs and college football in general. She loves hiking, cross country skiing, cooking, and watching Netflix! Mrs. Moss has been a counselor for 4 years and LOVES her job!

Mrs. Vang - Hi Wendler students and families! I am excited to join the Wendler community this year as school counselor. I’m originally from the midwest but have resided in Anchorage for the past 18 years. My husband and two sons enjoy camping, hiking, and ATV riding. Traveling and exploring different cultural foods are other activities I enjoy on my spare time. I’m happy to be here at Wendler and let’s make it an excellent school year!

Mrs. Gonzales - is a life long Alaskan who loves to spend time with her family and helping others. She is grateful to work with Wendler’s wonderful families and students.

Ms. Rosa Luhrs - Born and raised in Bristol Bay. She is a mother, grandmother, auntie, cousin, and friend to many.