

GUIDANCE DEPARTMENT

SPRINGBANK COMMUNITY HIGH SCHOOL

MS. LAMBIE & MS. SMID – COUNSELLORS
MS. COCHRAN – CAREER CENTRE ADVISOR
MS. THIESSEN – OFFICE ADMIN



WHAT WE DO:

We meet with students to discuss any of the following:

- Personal problems
- Listen without judgement
- Guide and support students as they figure things out
- Scholarships
- Careers
- High School & Post-secondary Planning
- Transcripts

YOUR RIGHTS & PRIVACY:

- Talk about what you want to talk about
- Come as often or as little as you like
- Stop counselling at any time
- Have a conversation that is 100% about you
- See a different counsellor
- Not tell your teachers or parents everything

LIMITS TO CONFIDENTIALITY:

What you choose to share is private. At the same time, part of our role is keeping students safe. There are some situations in which we are legally required to involve other people, such as:

- *You express an intention to seriously harm yourself or someone else*
- *You state that you are being abused or neglected*
- *You share information about the abuse/neglect of a child or dependent adult*
- *The school is court ordered to release your file.*

HOW TO SCHEDULE AN APPOINTMENT:

- Go to:
<http://springhs.rockyview.ab.ca/departments-folder/guidance>
- Click on the "Book Appointment" tab
- Log into or create account in [Conference Manager](#) site to see appointment availability

