



9th Grade Counseling Intake Meeting

Name _____ ID# _____ Date _____

Step 1: Status/Check in Questions

- What is going well so far in 9th grade? Highlights?
- What challenges are you facing at school right now or feel you may encounter this year?
- What are some/any differences you've noticed between middle and high school?
- How can you tell if you will have had a successful 9th grade year? What will it look like?

Step 2: Goals and plans for the year and beyond

- What are your goals for this year?
- What extracurricular activities/clubs are you involved in or planning to do (in or out of high school)?
- What are your passions?
- What do you see yourself doing after high school? How about in 10 years?

Step 3: Help us support you by indicating any areas of support you feel you need.

Indicate the level of support you feel you need for the following school topics

1= lowest level of support needed/ 5= highest level of support needed

Academic/School Topics

Being more organized	1	2	3	4	5
Managing my time better	1	2	3	4	5
Improving study skills	1	2	3	4	5
Reducing test anxiety	1	2	3	4	5
Improving test-taking skills	1	2	3	4	5
Understanding what my test scores mean in relation to academic and career planning	1	2	3	4	5
Developing my course schedule and how it relates to college/career planning	1	2	3	4	5
Understanding my learning style to improve how I learn	1	2	3	4	5
Getting along with teachers	1	2	3	4	5
Transitioning to a new school	1	2	3	4	5
Becoming familiar with counseling services at this school and how to use them	1	2	3	4	5
Setting academic goals based on my strengths and weaknesses	1	2	3	4	5
Tracking my personal progress toward graduation requirements	1	2	3	4	5
The college application process	1	2	3	4	5

Indicate the level of support you feel you need for the following personal topics

1= lowest level of support needed/ 5= highest level of support needed

Personal Topics

Getting involved in school activities	1	2	3	4	5
Making friends	1	2	3	4	5
Fitting in at school	1	2	3	4	5
Getting along better with other students	1	2	3	4	5
Getting along better with family members	1	2	3	4	5
Dealing with peer pressure	1	2	3	4	5
Dating or relationship issues	1	2	3	4	5
Parental divorce or separation	1	2	3	4	5
Handling teasing or being bullied	1	2	3	4	5
Concerns about alcohol and/or drug use	1	2	3	4	5
Identifying my interests and abilities	1	2	3	4	5
Feeling anxiety	1	2	3	4	5
Feeling stressed	1	2	3	4	5
Feeling depressed	1	2	3	4	5

Any other areas of support you feel you need that are not listed above?

Step 4: Follow up/action items

Checklist/Resources to review

- FRHS & counseling websites/contact info
- Tutoring/academic supports
- Self advocacy expectation
- Registration and looking ahead (if needed)
- Standardized test information (if needed)
- Clubs/activities
- Any post-secondary resources per goal #2
 - Job, college visits, internship...