

# MVCS

## Leadership Institute

Welcome to the MVCS Leadership Institute  
Guidance and Counseling Program

Our goal is to provide a rich, three-fold comprehensive framework in which your student can achieve their maximum potential academically, spiritually and personally.

### Guidance

- To foster an environment where students receive from the MVCS Leadership Institute administration, teachers, parents, and community leaders to assist with educational and career development

### Advisement

- A plan to assist students in developing self-awareness, emotional intelligence and personal responsibility
- A comprehensive system to provide our students with skills and knowledge to make decisions about their education and career choices

### Counseling

- To help individual students through spiritual, social and personal barriers that affect their educational experience

Throughout the year your student will engage in group or one on one activities that focus on the grade appropriate components of our guidance program

For appointments or information contact:  
Jenny Christiansen  
Administrator/Guidance Counselor/ALC Certified Coach  
[jchristiansen@mvcs.net](mailto:jchristiansen@mvcs.net)

## Program Highlights

### Academic Life Coaching

- ❖ *Managing stress*
- ❖ *Understanding and using personal motivation styles*
- ❖ *Creating powerful relationships*
- ❖ *Pursuing their passion*
- ❖ *Creating clarity and following through*

### Individual counseling

### Workshops

### Community Service Opportunities

### SAT Information

### College Research Opportunities

### Financial Aid Information

### College Events

### Scholarship Information

### College Admissions and Scholarship Application Assistance

### Letters of Recommendation for College Admission

### Guide to College Athletics

### PSAT Administration