

Working with High School Students in Fox Point, Wisconsin

Age of Students

- High school students are developing their identity and independence.
- Many experience stress related to academics, college, careers, sports, and friendships.
- A safe, trusting environment is essential so students feel comfortable sharing.

Socioeconomic Status

- Fox Point is generally an affluent community with many upper-income families.
- Students may experience pressure to succeed or maintain high expectations.
- Some students may struggle with motivation because they have been provided with many opportunities.
- Avoid making assumptions; every student's experience is different, regardless of family income.

Systemic Challenges

- High expectations from parents, schools, and peers can create anxiety and stress.
- Students may compare themselves to others and feel pressure to be successful.
- Some students may hide struggles because they appear to "have everything."

Access to Services

- Students generally have good access to school counselors, mental health providers, and community resources.
- Even when services are available, stigma or fear of judgment may prevent students from seeking help.
- Counselors should normalize seeking support and promote mental wellness.

Ethnic & Cultural Differences

- Fox Point is predominantly White, but students come from diverse racial, ethnic, and cultural backgrounds.
- Counselors should create an inclusive environment where every student feels respected.
- Cultural values may influence how students express emotions or seek help.

Gender

- Students may face different expectations based on gender.
- Some students may struggle with gender identity or societal pressures.
- Counseling groups should be welcoming and supportive of all students.

Limitations or Disabilities

- Some students may have ADHD, learning disabilities, anxiety, autism, or physical disabilities.
- Group leaders should adapt activities to ensure everyone can participate successfully.
- Every student deserves equal opportunities to contribute and feel included.

Languages Spoken

- While English is the primary language, some students speak another language at home.
- Counselors should be aware of language barriers and cultural differences in communication.
- Clear, respectful communication helps every student feel valued.

Students Who Feel Lost About Their Future

- Many high school students are unsure about college, careers, or life after graduation.
- Students may feel overwhelmed by pressure from parents, peers, or society to have a plan.
- Some may compare themselves to classmates who seem to have everything figured out, leading to anxiety or low self-confidence.
- Others may lack motivation because they have not yet discovered their interests or strengths.
- As a counselor, I would help students explore their values, interests, strengths, and career options without pressuring them to have all the answers.
- My goal would be to help students build confidence, recognize that it is okay not to have everything figured out, and create realistic next steps for their future.

