

WHY HS COUNSELING?

High school represents a time of transition into adulthood where students begin the colorful process of exploring and defining their independence. Along with the advanced academic rigor, students face increased exposure to risk behaviors involving sex, alcohol and drugs, all while exploring the boundaries of acceptable behavior in developing mature and meaningful relationships. This is a time riddled with questions and students may come to find the benefit of having someone there to guide them.

SEAN LANDAU

HS COUNSELOR

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Meeting the Challenge



COUNSELING SERVICES

School counselors aim to provide students with academic, personal, social, and emotional life skills to enable success in their school career and beyond. Please note that counseling in the school setting is brief in nature. The school counselor can assist you in coordinating a referral for those students that require ongoing support.

Student Advocacy

Provide Holistic Support in Resolving Student's Educational, Emotional and/or Social Barriers to Learning

Individual Student Planning

Individual or Small Group Guidance, Establish Personal Goals, & Develop Future Plans

Responsive Services

Individual and Group Counseling, Crisis Counseling, Referrals, Peer Facilitation, Transition, & Mediation

Program Development & Systems Support

Advisory Curriculum Coordination, Consultation, Collaboration & Teaming w/ Parents, Faculty, & Community



WHO IS YOUR HS COUNSELOR?

Dear Parents,

My name is Sean Landau and I am the personal counselor in the high school of Le Jardin Academy. I am a Swiss born, UK/USA dual national. Growing up I lived and went to schools in Switzerland, Indonesia, USA, and the Czech Republic where I completed the IB diploma program at the International School of Prague. After graduating, I became more intentional in my attempts to make sense of living in these different countries and the sometimes dramatically different ways of living that came with that. This exploration eventually led me to complete a Bachelors in Psychology and a Masters in Counseling and Psychotherapy.

Since entering the mental health employment field, my involvement has given me the privilege to work in a wide range of psychotherapeutic settings. I have worked in residential, inpatient, and outpatient settings, including schools, drug and alcohol rehabilitation clinics, prisons, juvenile detention centers, hospitals, and digital spaces. Coming from an international background has also allowed me to work professionally with individuals around the globe. This has included working with members of Indigenous populations in Australia, communities in Cambodia, and international students from all over the world.

Thank you for your trust in allowing us to help support your children.

PARENT SUPPORT ● TEACHER SUPPORT



In addition to supporting direct classroom instruction, the school counselor also supports and consults with teachers in areas such as: student challenges, response to interventions, advisory/inclusion related activities, group dynamics, behavior management, conflict resolution, crisis intervention, and student support team efforts.

The school counselor is available to all parents of our students. Some of the areas in which we may work together are: new student orientation, home-school relations, helping students achieve success; academically, personally, socially, and in a future career, parenting strategies, dealing with crisis, transition strategies and referrals to community professionals.

Sean

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