

# ELEMENTARY COURSE DESCRIPTIONS

## Kindergarten Areas of Study

Kindergarten is an instrumental year in a student's education as students learn routines, habits, and skills that will carry them through their elementary career. Kindergarten is full of fun, engaging learning activities that keep students fully focused on the learning taking place.

- » Beginning addition and subtraction facts as well as problem solving skills
- » Reading skills as well as letters and sounds
- » Handwriting and penmanship
- » Beginning geography
- » Basic American History
- » Community helpers and Fire Safety Week
- » 100th Day of School celebration
- » Engaging Bible Story Units & scripture memorization based on *Walking With God and His People* curriculum

## 1st Grade Areas of Study

First grade is an exciting year as students expand their knowledge and enhance what they learned in kindergarten, as well as learning math facts, improving handwriting, and studying spelling words.

- » Addition and subtraction facts
- » Reading skills and comprehension
- » Books of the Bible, fruits of the spirit
- » Rules, culture, USA, maps, Economics
- » Life Science, Earth Science, Physical Science, Space/Machines
- » Handwriting, letters, and sounds
- » Spelling and poetry
- » Fire Safety Week and 100th Day of School celebrations
- » Engaging Bible Story Units & scripture memorization based on *Walking With God and His People* curriculum

## 2nd Grade Areas of Study

Second grade is a fundamental, foundational year full of new studies, like cursive writing, and paragraph writing skills, as well as phonics, fluency, and comprehension that will be used throughout their educational careers.

- » Grammar, creative writing, and spelling; study & analysis of different literature
- » Penmanship: cursive and print
- » Adding and subtracting with and without regrouping
- » Geometry, measurement, place value
- » Memorization of multiplication facts and introduction to division
- » Anchor tests and experiments in science
- » American government, patriotism, map skills, and inventors in history
- » Engaging Bible Story Units & scripture memorization based on *Walking With God and His People* curriculum



HOME OF THE EAGLES

### 3rd Grade Areas of Study

Third grade is an exciting journey of learning and growing as they prepare for the transition to Upper Elementary. 3rd grade focuses on deepening understanding through research, writer, and application of math to real life scenarios.

- » Novel studies that include Charlotte's Web, Roald Dahl books, Little House on the Prairie, and biographies
- » Deepening and enhancement of writing and grammar skills
- » Further application of addition, subtraction, and place value, as well as real life scenarios of multiplication and division
- » Study of force and motion, outer-space, and natural disasters
- » Study of cultures and government in history studies
- » Study of animal classes and groups
- » Engaging Bible Story Units & scripture memorization based on *Walking With God and His People* curriculum

### 4th Grade Areas of Study

Fourth grade is an exciting year, full of experiences meant to take students' learning from inside the classroom into real life experiences. Alabama history, science, and math problems all come to life with engaging experiments, research reports, and special activities.

- » Word problems, multiplication, and short and long division
- » Grammar: punctuation and writing complete sentences
- » Organizing research reports using graphic organizers
- » Identifying elements of a story and furthering reading comprehension skills through novel studies and book reports
- » Engaging Bible Story Units & scripture memorization based on *Walking With God and His People* curriculum
- » Old Testament study of the prophets, kings, and priests
- » In depth study of Alabama History & special program
- » Earth science and life science, with engaging experiments
- » Vocabulary exploration using classical roots

### 5th Grade Areas of Study

As the oldest and leaders of the elementary school, students are encouraged to use kindness towards peers, respect towards authority, and responsibility in their studies, all in preparation for the transition to middle school.

- » Engaging novel studies
- » American history, from Native Americans through the American Revolution
- » Figurative language, elements of a story, and parts of speech, used in "real life"
- » Six traits of writing and enhancement of writing skills
- » Research paper and novel during National Novel Writing Month
- » Development of algebraic reasoning and geometric concepts
- » Problem solving and proportional thinking
- » Science labs
- » Study of the human body, force and motion, energy, and matter
- » Scripture memorization
- » Study of God's covenant with His people, from Genesis through Jesus' life

*\*Alabama Courses of Study standards are utilized in HCA's scope and sequence \*Field trips and on site learning experiences are incorporated into the curriculum*

Heritage is just off Exit 1 on Interstate 459, less than a mile from Bent Brook Golf Course  
**6200 Lou George Loop // Birmingham, AL // 35022**

# MATH COURSE DESCRIPTIONS

## Math 6

This course is designed to help students master the standards and obtain a foundation for Algebra. This course focuses on problem solving, proportional thinking, and algebraic thinking. This course introduces several concepts including ratios and proportional relationships, expressions and equations, Geometry, and statistics and probability.

## Math 7

This course is designed to give students an opportunity to improve their basic math skills and prepare them for success in either Pre-Algebra or Algebra I. Pre-Algebra is the beginning of high school math. The course introduces a variety of topics including integers, ratios and polynomials. *This course is taken by all 7th grade students.*

## Math 8

This course is designed to give students an opportunity to improve their basic math skills and prepare them for success in Algebra I and Geometry. *This course is taken by all 8th grade students not taking Geometry.*

## Algebra I

This course builds on foundational mathematics content learned by students by expanding mathematics understanding to provide students with a strong mathematics education. Algebra I includes the study of properties and operations of the real number system; evaluating rational algebraic expressions; solving and graphing first degree equations and inequalities; translating word problems into equations; operations with and factoring of polynomials; and solving simple quadratic equations. This course serves as the foundation for all high school mathematics courses; therefore, all subsequent mathematics courses require student mastery of the Algebra I content standards.

## Geometry

Geometry is the mathematical study of shapes, their properties, and their relationships. Emphasis is placed on student discovery and exploration and on formulating and defending conjectures. Geometry includes an in-depth study of reasoning, polygons, congruence, similarity, right triangles, circles, area, volume, and transformations. Students will use a variety of approaches, such as coordinate, transformational, and axiomatic systems. Students will also derive an appreciation for the connections between geometry and other disciplines such as art and architecture. Students who complete the geometry course will know and understand the core materials in the outline. Scientific calculator required.

## Honors Geometry

Advanced Geometry.

*Prerequisite required: An 85% grade average every nine weeks of Algebra I in the 8th grade and teacher recommendation.*





## Algebra II w/Trigonometry

This course is designed to build on algebraic and geometric concepts. It develops algebra skills such as systems of equations, advanced polynomials, imaginary and complex numbers, quadratics, and includes the study of trigonometric functions. It also introduces matrices and their properties. The content of this course is important for students' success on both the ACT and college mathematics entrance exams.

*Prerequisites: Algebra I, Geometry; TI 83/84 graphing calculator is required. This course is taken by 10th or 11th grade students. Required for graduation.*

## Honors Algebra II w/Trigonometry

Advanced level Algebra II w/Trigonometry.

*Prerequisite: An 85% grade average every 9 weeks of Honors Geometry taken in the 9th grade and teacher recommendation. This course is taken by all 10th graders not in Algebra I.*

## Pre-Calculus

This course is a preparation for college mathematics. Topics covered include: Circular functions, periodic functions, identities, graphing, applied trigonometry, complex numbers, trigonometric inverses, conic sections, curve sketching, matrices, functions, coordinate geometry, logarithms, and advanced Algebra concepts.

*Prerequisites: Algebra II/Trig; TI 83/84 graphing calculator required. This course is taken by all 11th grade students not in Algebra II w/Trig.*

## Honors PreCalculus

Advanced level PreCalculus.

*Prerequisite: An 85% grade average every 9 weeks of Honors Algebra II w/Trig and teacher recommendation. This course is taken by all 11th graders not in Algebra II w/Trig.*

## AP Calculus

This is a college level course under the College Board curriculum that involves extensive studies of functions, limits, differentiation, integration, applications of differentiation and integration logarithmic and exponential functions, trig and inverse trig functions. Quarterly, students will complete AP Exam Preparation material to familiarize themselves with types and difficulty levels of AP Calculus questions. At the end of the course students take the AP Calculus AB exam which, depending on the score, may mean receiving college credit and possible exemption from college courses. However, it is necessary to check the policy of the college of choice to determine advantages. *Prerequisite: Precalculus, teacher approval, and a TI 83/84 graphing calculator only.*

## Dual Enrollment Math options

Additional Math options are available through Jefferson State Community College for Juniors & Seniors. Prerequisites are required for each course.

**Math Curriculum Used:** Math 6 - Saxon Math Course; Math 7 - Saxon Math Course 2; Math 8 - Saxon Math Course 3; Algebra I - McGraw Hill Algebra 1, supplemented with Mathlight Algebra I; Algebra 2 - McGraw Hill Algebra 2, supplemented with All Things Algebra; Geometry - Glencoe Geometry; PreCalculus - Glencoe Advanced Mathematical Concepts PreCalculus with Applications

# SCIENCE COURSE DESCRIPTIONS

## Middle School Earth Science

Earth and space science explores the interconnections between the land, ocean, atmosphere, life of our planet, and nearby celestial bodies of our solar system. Students are challenged to discover their world, their planet, and the Earth's place in the Universe with a Biblical worldview.

## Middle School Physical Science

Physical science is the study of matter and energy. Students cover basic concepts about God's law in the universe and creation concerning basic physics and chemistry. Students will learn about observation and the scientific method as we study energy, motion, forces, work, sound, light, matter, atoms, elements, and chemical reactions—all with a Biblical worldview. *This course includes a science project.*

## Biology

Biology is the study of all living things. In this class, students study cells, genetics, ecology, single celled organisms and multicellular organisms. *This course is taken by all 9th grade students not taking Honors Biology.*

## Honors Biology

Biology is the study of all living things. In this class, students study cells, genetics, ecology, single celled organisms and multicellular organisms. *Prerequisite: Students must have a yearly grade average of 90% in 8th Grade Science to be eligible for this class along with a teacher recommendation. This course is taken by all 9th grade students not taking Biology.*

## Environmental Science

Environmental science is the study of human interaction with the environment. Topics include ecosystems, energy, resource definitions and limitations, water supply, air pollution, flooding, land use, and conservation biology. The course focuses on enhancing decision-making skills based on factual information about the environment. *Prerequisites: Biology. This course is taken by 10th grade students not taking Chemistry.*

## Chemistry

This course is an introduction to the science of the atom. Emphasis is placed on atomic structure and reactions and the application of these concepts. Strong algebra ability is required. *Prerequisites: Biology and strong algebra/math background. This course is taken by 10th grade students from Honors Biology and 11th grade students from Environmental Science.*

## Human Physiology

This course involves the study of the ten systems of the human body and their relationships to each other. Tissue structure, organ function, and practical application are emphasized. This course would be beneficial to those students who are considering a medical or sports-related field. The reproductive system will be taught in dialectic science class. Direct instruction about human sexuality will be deferred to parental instruction. *Prerequisite: Biology and Chemistry. This course is taken by 11th and 12th grade students.*



## Physics

A study of the physical forces that control the universe including acceleration, friction, light, sound, and electricity. Application of all concepts is emphasized. *Prerequisites: Chemistry and the completion or current enrollment in Algebra II/Trig. This course may be taken by 12th grade students*

## AP Biology

This is a challenging course designed to provide a college-level experience and prepare students for the AP Exam. Over two semesters the students are engaged in a wide variety of activities, with substantial emphasis on interpreting and collecting data in labs, writing analytical essays and mastering Biology concepts and connections. By taking this course, the students will learn many of the foundations and recent developments in modern biology, chemistry, and medicine. Enrolled students must sit for the AP Biology exam. *Prerequisites: Algebra I, a 90 or better in Biology and Chemistry, and teacher approval. This course is taken by 11th or 12th grade students.*

**Science Curriculum Used:** Bob Jones *Earth Science*; Glencoe *Physical Science*; Houghton Mifflin Harcourt *Biology, Environmental Science, Chemistry & Physics*; Patton Thibodeau *Structure & Function of the Body*; Campbell *AP Biology*



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# ENGLISH COURSE DESCRIPTIONS

## English 6

English 6 focuses heavily on novel studies and allowing students to learn literary elements and figurative language through engaging novels. The purpose of the novel studies is to captivate students with a love for reading while also teaching them skills to use further in their English career. Students also enhance grammatical skills and develop their writing skills through different types of writing, with a focus on a MLA style research paper and writing their own novels. Students explore vocabulary using Classical Roots, as well as vocabulary from novel studies. Summer reading is required for this course. *This course is taken by all 6th grade students.*

## Middle School English

Students will explore vocabulary and literary elements/rhetorical devices in-depth through the reading of several novels and essay selections. In addition, the course will focus on different types of writing: narrative, descriptive, compare and contrast, expository, persuasive, and journal writing. *This course is taken by all 7th & 8th grade students.*

## English 9

This class focuses on grammar, literature, composition, and vocabulary (Latin/Greek based Vocabulary From Classical Roots). The fundamentals of literature are continued from Middle School studies with conflict, plot structure, theme, and poetic elements intertwined through reading. In addition to in-class reading, students are assigned additional books throughout the year from a prepared reading list. As writing is a key to communication, this discipline is consistently exercised through in class prompts and essays and assigned homework. *This course is taken by all 9th grade students not taking English 9 Honors.*

## English 9 Honors

Grammar, composition, vocabulary (Latin/Greek based Vocabulary from Classical Roots), and writing are included in the emphasis of this class. With the elements of conflict, plot structure, theme, and poetic elements intertwined in addition to in-class reading, students read additional books from a prepared reading list to continue to lay a foundation for reading comprehension and understanding. As writing is a key to communication, this discipline is consistently exercised through in-class prompts and essays and assigned homework. *Prerequisites: Students must have a yearly grade average of 90% in English 8 and teacher recommendation to be eligible for this class. This course is taken by all 9th grade students not taking English 9.*

## English 10

Classic literature, along with grammar, composition, and vocabulary are included in the curriculum for English 10. A heavy emphasis on writing clearly defines the four types of writing: Descriptive, Expository, Narrative, and Persuasive. A systematic step-by-step development of a research paper is processed during the second semester. Outside reading books are required for this class per choice from prepared lists. Latin/Greek based Vocabulary from Classical Roots encourages students to develop a vocabulary system for ACT or SAT tests. *This course is taken by all 10th grade students not taking English 10 Honors.*

## English 10 Honors

Honors English 10 is divided into two distinct subject classes: Beginning the first semester students are immersed in World Literature. Literary offerings include, but are not limited to *Silas Marner*, *Julius Caesar*, and *To Kill a Mockingbird*. The focus of the author's use of rhetorical devices, stylistic elements, and other writing emphasis helps students develop a clear understanding of the value of literary works. Latin/Greek



based Vocabulary from Classical Roots encourages students to develop a vocabulary system for ACT or SAT tests. Second Semester: A heavy emphasis on writing clearly defines the four types of writing: Descriptive, Expository, Narrative, and Persuasive. An additional outside reading per semester is required and a systematic step-by-step development of a research paper is processed during the second semester. *Prerequisites: Students must have a yearly grade average of 90% in English 9 or an 88% in Honors English 9 to be eligible for this class along with a teacher recommendation. This course is taken by all 10th grade students not taking English 10.*

## **English 11**

American Literature is the focus for English 11 during the first semester. Tying classic literature to Biblical truths and historical facts is vital to class discussion. Vocabulary from Classical Roots (Fifer and Flowers) covers the vocabulary and thinking skills used to enhance ACT and SAT preparation. Continued work from the previous school year on the four basic writing styles, additional rhetorical strategies, and devices and refreshing grammar skills are important to the overall writing program. Other class work includes oral presentation, role play, and group work. *This course is taken by all 11th grade students.*

Second semester focuses on composition with a continued work from the previous school year on the four basic writing styles and additional rhetorical strategies and devices as well as refreshing grammar skills is important to the overall writing program. A research paper is required for this class. *This class is taken by all 11th grade students not in DE 101.*

## **Dual Enrollment English 101**

English Composition I provides instruction and practice in the writing of at least six (6) extended compositions and the development of analytical and critical reading skills and basic reference and documentation skills in the composition process. English Composition I may include instruction and practice in library usage. ENG 101 English Composition I is taken in conjunction with Jefferson State Community College - *Prerequisite: Score of 18 or higher on the English portion of the ACT, admission to JSCC, must meet HCA/JSCC dual enrollment requirements and pay JSCC tuition and fees. 1 semester of DE English Comp I = 3 semester hours of college credit.*

## **English 12**

Senior English 12 study begins in the Middle Ages and continues through the present day writers of Britain. Intertwining British history with literature allows for a more effective understanding of works written during each time period. Class discussion includes understanding Biblical truths in the works read. In addition to the text, a thorough examination of *Macbeth*, *Tale of Two Cities*, *Pride and Prejudice*, and C. S. Lewis' *Mere Christianity* is discussed. Vocabulary from Classical Roots (Fifer and Flowers) continues word building with the use of Latin/Greek roots. *This course is taken by all 12th grade students.*

A second semester study of composition focuses on writing (Rhetorical Strategies and Devices), grammar review, memorization, and oral presentations are required as well as one additional book report per quarter. A research paper is required for this class. *This course is taken by all 12th grade students not enrolled in DE 102.*

## **Dual Enrollment English 102**

ENG 102 English Composition II is taken in conjunction with Jefferson State Community College - *Prerequisite: Successful completion of DE 101 with an 80% or higher, admission to JSCC, must meet HCA/JSCC dual enrollment requirements and pay JSCC tuition and fees. 1 semester of DE English Comp II = 3 semester hours of college credit. You must check with the college of your choice for transfer/articulation.*



# HISTORY COURSE DESCRIPTIONS

## Social Studies 6

Sixth-grade content standards focus on the history of the United States from the Industrial Revolution to the present. Historical events studied by sixth graders include the rise of the United States as an industrial nation, World War I, the Great Depression, World War II, and the Cold War Era. Furthermore, the economic, political, social, and technological issues and developments from post World War II to the present are explored. Emphasis is placed on economic, geographic, historic, and civic and governmental changes that have influenced every aspect of life during these events, including communication and technological advances, reorganization of national boundaries, and the movement of the United States into the role of world leader.

## Geography 7 (1 semester)

This course is designed to give students an understanding of Geography through the study of terms, political and physical maps, social systems, climates, populations, resources, and economic influences. Seventh grade Geography will explore the relationship between people, movement, location of places, environment in terms of spatial context, and human environment interaction will be given special attention. *This course is taken by all 7th grade students.*

## Civics 7 (1 semester)

The goal of education in civics and government is informed, responsible participation in political life by competent citizens committed to the fundamental values and principles of the constitutional democracy that established the republic of the United States of America. These standards incorporate the strands of economics, geography, history, and civics and government with an obvious emphasis on political ideology. They address representative democracy, individual rights and freedoms, law, personal finance, and civic responsibilities.

## Antiquities 8

The study of ancient history addresses the time period from prehistoric man to the dawn of the Renaissance. Course content focuses on the migrations of early peoples, the rise of civilizations, the establishment of governments and religions, the growth of economic systems, and ways in which these events shaped Europe, Asia, Africa, and the Americas. Church history is also incorporated into the study of ancient history. *This course is taken by all 8th grade students.*

## World History 9

### \*Honors WHistory 9

The study of world history focuses on the period from Reformation, to the world after WWII, and beyond to modern times. It allows them to analyze development and changes in the European, Asian, African, and American civilizations and ways in which interactions of these cultures have influenced the formation of today's world. Knowledge of other cultures enables students to develop a better appreciation for the unique American heritage of liberty. Church history is also incorporated into World History 9. *This course is taken by all 9th grade students. \*Honors - must meet criteria and have teacher approval.*



## U.S. History I

### \*Honors US History I

This course covers the historic development of American ideas and institutions from the Age of Exploration to 1877. While focusing on political and economic history, the students are also provided with knowledge of American culture through a chronological survey of major issues, movements, people and events in U.S. and Alabama history. *This course is taken by all 10th grade students not taking AP US History. \*Honors - Must meet criteria and have teacher approval.*

## U.S. History II

### \*Honors US History II

This course includes a comprehensive study of critical issues and events in modern U.S. history. Students gain knowledge of the changing political, economic, and cultural forces at work within the nation; of the impact of the national environment on all aspects of life in America; and of the role in America in the international community. *This course is taken by all 11th grade students not taking AP US History. \*Honors - Must meet criteria and have teacher approval.*

## AP U.S. History I & II

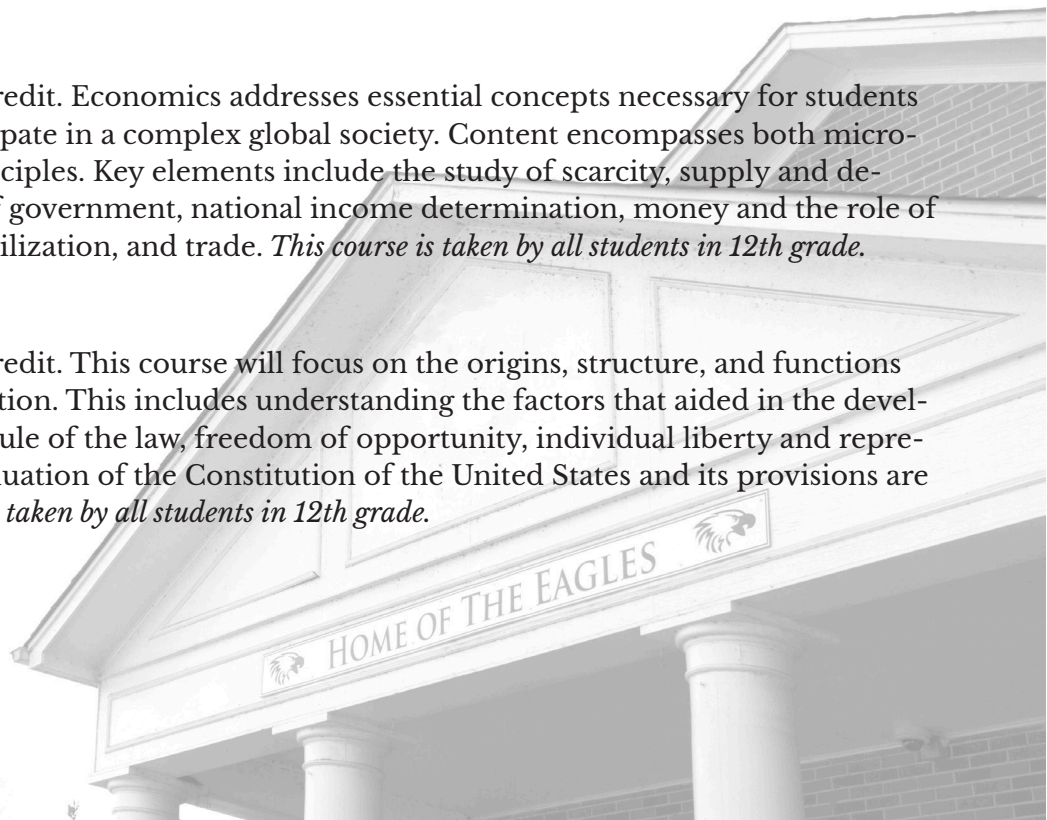
The AP U.S. History course focuses on developing students' understanding of American history from approximately 1491 to the present. The course has students investigate the content of U.S. history for significant events, individuals, developments, and processes in nine historical periods, and develop and use the same thinking skills and methods (analyzing primary and secondary sources, making historical comparisons, chronological reasoning, and argumentation) employed by historians when they study the past. *Prerequisites: "A" average for the year in 9th Grade World History, Teacher Approval, and Summer work/reading is required.*

## Economics (1 semester)

This course is for one semester of credit. Economics addresses essential concepts necessary for students to completely and effectively participate in a complex global society. Content encompasses both microeconomic and macroeconomic principles. Key elements include the study of scarcity, supply and demand, market structures, the role of government, national income determination, money and the role of financial institutions, economic stabilization, and trade. *This course is taken by all students in 12th grade.*

## Government (1 semester)

This course is for one semester of credit. This course will focus on the origins, structure, and functions of government at all levels in the nation. This includes understanding the factors that aided in the development of a republic based on the rule of the law, freedom of opportunity, individual liberty and representative democracy. A detailed evaluation of the Constitution of the United States and its provisions are included in this course. *This course is taken by all students in 12th grade.*



# COUNSELING / GUIDANCE DEPT. : UPPER

The HCA Counseling Department aims to shepherd the development and enrichment of all HCA students. Counseling at HCA involves “walking alongside each student through life’s challenges and struggles” as he or she grows to maturity in Christ. This goal is achieved through intentional time spent getting to know each individual student in a variety of settings, and then pointing them to the only source of real hope, strength, and wisdom, Jesus Christ. This walk is encouraged by reaching every student at his or her personal level of physical, mental, social, emotional, and spiritual development. Ultimately, we seek to provide wisdom and counsel that relies on honest assessment utilizing Biblical truth while encouraging with an empathetic, caring, and loving approach.

## **Guidance at HCA focuses on three areas: Responsive Services (Prevention/Intervention), Career Guidance, and Academic Assistance**

### **Responsive Services**

Prevention services at HCA include building an environment that enriches each student’s growth by equipping students with tools and resources to navigate each new stage of life and development. HCA seeks to help students seek Godly wisdom and strength that targets real character change. Real growth can only happen when students see themselves as sons and daughters of God whose identity is firmly and securely rooted in Jesus Christ. Such a view will prepare them to use the power of God to fight anxiety and find peace in His strength and promises. As a part of prevention, the counselor will spend time addressing important topics that are crucial to the social, emotional, and spiritual development of your student in both large and small group settings.

Large group lessons will be presented to a full classroom on a bimonthly basis and give students the opportunity to participate in hands-on activities and classroom discussions to enhance practical understanding. Examples of Secondary (Middle and High School) topics include: Using Sound Study Skills, Exploring Potential Careers, Using God’s Wisdom/Handling Peer Pressure, Establishing SMART Goals, and Dealing with Stress/Anxiety/Depression.

Small group lessons will be presented with 4-6 students on average who typically meet once a week to address more specific topics. Examples of small group topics include: Dealing with Anxiety/Depression, Handling Divorce, Anger Management, Transitioning to High School, and Planning for after graduation.

Intervention services at HCA include meeting students in a one-on-one setting to resolve student-specific issues while integrating a team approach that includes the student’s family, teachers, and administrators. Individual counseling is an integral part of encouraging every student at HCA. This involves meeting students right where they are in the problems that they are experiencing. Issues that are crisis oriented are handled by the counselor immediately; otherwise, personal appointments are made and maintained to encourage the growth of each student. Typical struggles that students may experience and need individualized counseling include handling stress and anxiety, making and being a friend, positive conflict resolution, and discovering his or her identity in Christ.





## Career Guidance

Students will be introduced to career planning in Middle School. Our approach first focuses on helping students learn about themselves, including the interests and skills that God has entrusted to them, through the use of personality assessments and the exploration of spiritual gifts. Students are then able to match these interests and skills to potential careers that would be a good fit for their personal strengths and spiritual gifts. These career options are researched more in depth by specific projects and an HCA career day. Career Day enables students the opportunity to listen and ask questions to speakers who represent each Career Cluster and can give honest, real world feedback on the details of day to day life in that career.

Starting in 8th/9th grade, HCA students will develop a four year plan which will be revised every year. All students will receive updated information on schedule planning for high school as well as educational requirements for college opportunities including scholarships. All 10th-12th grade students will spend individual time with the counselor discussing college and career plans while reviewing his/her transcript. Finally, 11th and 12th grade students will also participate in regular college visits from a host of colleges/universities; they get to personally meet college recruiters who will guide them with more information about his/her specific university.

## Academic Assistance

Academic assistance/support is also provided at HCA to help students develop the knowledge and skills to be successful in every endeavor they choose. Study skills, time management, and specific academic tutoring are provided as resources for every student. In addition, the Counselor leads faculty meetings held regularly to discuss students who are at risk academically or behaviorally. The entire staff works together to gain insight into providing strategies to help students become successful at HCA.

The Counseling Department offers and maintains individual education plans that provide educational accommodations for students who have documented physical/mental conditions. Some of these accommodations include allowing students organizational assistance, more time on assignments/tests, and different modes of assessment to be successful at HCA.

**Finally, the Counseling Department provides a list of additional resources to provide more support for issues students may face.**

Some of these include

- » Crisis Line 205-323-7777
- » National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Bereavement/Grief Counseling

- » The Amelia Center 205-638-7481

Eating Disorders

- » Alsana 888-822-8938
- » National Eating Disorders Association 800-931-2237

Christian Community Counseling

- » Wellspring Christian Clinic 205-977-3003
- » Samaritan Counseling Center 205-967-3660

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# COUNSELING/GUIDANCE DEPT. : LOWER

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**Guidance at HCA focuses on three areas: Responsive Services (Prevention/Intervention), Career Guidance, and Academic Assistance.**

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Prevention services at HCA include building an environment that enriches each student’s growth by equipping students with tools and resources to navigate each new stage of life and development. HCA seeks to help students seek Godly wisdom and strength that targets real character change. Real growth can only happen when students see themselves as sons and daughters of God whose identity is firmly and securely rooted in Jesus Christ. Such a view will prepare them to use the power of God to fight anxiety and find peace in His strength and promises. As a part of prevention, the counselor will spend time addressing important topics that are crucial to the social, emotional, and spiritual development of your student in both large and small group settings.

Large group lessons will be presented to a full classroom on a bimonthly basis and give students the opportunity to participate in hands-on activities and classroom discussions to enhance practical understanding. Examples of Secondary Elementary topics include: Using Sound Study Skills, Attention and Focus Skills, Practicing Mindfulness and Patience, Establishing SMART Goals, and Sharing and Speaking Kindly.

Small group lessons will be presented with 4-6 students on average who typically meet once a week to address more specific topics. Examples of small group topics include: Dealing with Attention/Distraction Issues, Handling Divorce, Anger Management, Transitioning to Middle School, and Responding to Redirection Positively.

Intervention services at HCA include meeting students in a one-on-one setting to resolve student-specific issues while integrating a team approach that includes the student’s family, teachers, and administrators. Individual counseling is an integral part of encouraging every student at HCA. This involves meeting students right where they are in the problems that they are experiencing. Issues that are crisis oriented are handled by the counselor immediately; otherwise, personal appointments are made and maintained to encourage the growth of each student. Typical struggles that students may experience and need individualized counseling include handling stress and anxiety, making and being a friend, positive conflict resolution, and discovering his or her identity in Christ.



## **Career Guidance**

Students will be introduced to different types of careers and career clusters in Elementary School. The focus will be on understanding what types of skills and traits an individual needs for different careers. Elementary Students will also begin discussing what individual traits they possess that make them special and unique as well as begin understanding what spiritual gifts are and how God uses every person's individual gifts in His kingdom.

## **Academic Assistance**

Academic assistance/support is also provided at HCA to help students develop the knowledge and skills to be successful in every endeavor they choose. Study skills, time management, and specific academic tutoring are provided as resources for every student. In addition, the Counselor leads faculty meetings held regularly to discuss students who are at risk academically or behaviorally. The entire staff works together to gain insight into providing strategies to help students become successful at HCA.

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- » Wellspring Christian Clinic 205-977-3003
- » Samaritan Counseling Center 205-967-3660



Heritage is just off Exit 1 on Interstate 459, less than a mile from Bent Brook Golf Course  
**6200 Lou George Loop // Birmingham, AL // 35022**