

# *Welcome to Triton Guidance*



**Assistant Principal of Guidance: Dr. Cat Nolan**  
canolan@capousd.org

## *School Counselors*



### **Jennifer Abalos**

Serving Last Names: A-Cor  
jeabalos@capousd.org

### **Diana Chumley**

Serving Last Names: Cos-Gus  
dmchumley@capousd.org

### **Mackenzie Akins**

Serving Last Names: Gut-Mam  
mrakins@capousd.org

### **Ashley Genova**

Serving Last Names: Man-Mz and AVID students  
algenova@capousd.org

### **Sandra Spencer**

Serving Last Names: N-San  
sjspencer@capousd.org

### **Samantha Verduzco**

Serving Last Names: Sao-Z  
saverduzco@capousd.org

### **Charissa Elder**

Support Counselor  
clelder@capousd.org

## *Guidance Techs*



### **Stephanie Howard**

Akins/Genova  
soward@capousd.org

### **Patty Robinson**

Spencer/Verduzco  
phrobinson@capousd.org

### **Michelle Von Urff**

Abalos/Chumley  
mjvonurff@capousd.org

## *Registrar*



### **Joanne Abbott**

jtabbot@capousd.org

## *Secretaries*



### **Stephanie Cook**

smcook@capousd.org

### **Suzi Weitz**

seweitz@capousd.org

## *Guidance Hours*

<b>Window Hours:</b>	<b>7:30am - 4:30pm</b>
<b>Office Hours:</b>	<b>8:00am - 4:00pm</b>
<b>Counselors:</b>	<b>8:10am - 3:40pm</b>

*[www.sctritons.org/guidance](http://www.sctritons.org/guidance)*

