

MEDINA JR-SR HIGH SCHOOL | COUNSELING CENTER NEWSLETTER

MEET THE TEAM!

| AUGUST 2023 – JUNE 2024 |

Counseling Center Secretary

Lee Hiller
585-798-2885

Psychologist

Julie Handel, M.S., C.A.S.
Ext. 2321

Social Worker

Noelle DuPont, M.S.W., L.C.S.W.
Referral only, Ext. 2324

School Counselors

Andrea Morabito, M.S. Ed., C.A.S.
Caseload: **Grades 10-12** Last names, **A-K & SPED (IEP & 504)** Ext. 2323

Audralee Doll, M.S. Ed., C.A.S.
Caseload: **Grades 10-12**, Last names, **L-Z** Ext. 2322

Sarah Ha, M.S., Ed., C.A.S.
Caseload: All students, **Grades 7-9**
Ext. 2318

Orleans County Mental Health
TBD, Social Worker Fridays only
Ext. 2355



IMPORTANT UPDATES!



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This year, we are excited to reintroduce a homeroom period! During this period, students will have the opportunity to focus on building their social and emotional skills via **Aperture**, a SEL system that allows students to assess their strengths and areas of improvement. Homeroom will also focus on college and career readiness during Future Forward Fridays! For more information, please visit:

<https://info.apertureed.com/parent-portal>

TO SCHEDULE AN APPOINTMENT WITH YOUR COUNSELOR:

To be seen by a counselor, students *must* complete the Counselor Appointment Request Google Form. This can be found on our **Counseling Center Google Classroom**, which all students are automatically added to. Students may come down to the Counseling Center during their free period to complete an appointment request as well.

ESCHOOL STUDENT PORTAL:

Please ensure your student has registered for student portal so that they can have round the clock access to their grades, schedules, course selections and more! Please note: The Counseling Center *does not* have access to Student Portal passwords. Please see Mrs. Hiller if you need to reset your password.

Role of the School Counselor

Providing much more than the outdated role of a “guidance counselor,” school counselors assist students towards reaching their fullest potential in the areas of **academic achievement**, **career readiness**, as well as **social-emotional development**. This includes but is not limited to:

- Short-term counseling services (*individual & group*) to help students apply academic strategies, interpersonal skills, and thoroughly plan for post-secondary options (*college, trade-school, military, & direct employment*)
- Student scheduling and annual course selection
- Individual academic planning and goal setting
- Assistance with IEP and transitional services
- Refer students and families to community support agencies
- Advocate for students at all levels to remove barriers that inhibit student success



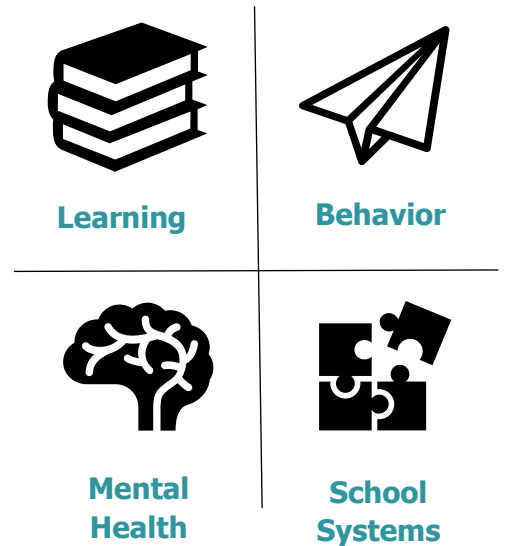
Role of the School Psychologist

School Psychologists provide:

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers and families
- Culturally responsive services
- Crisis prevention and response

School Psychologists support:

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School–family–community partnerships
- School-wide data-based decision making



Role of the School Social Worker

School Social Workers focus on the **partnership with family, school, and community** resources to support the student’s academic and social/emotional development.

- Individual and group counseling where students further develop appropriate social interaction and coping skills.
- Assist in developing positive behavioral intervention strategies to meet individual student needs.
- Crisis intervention.
- Conflict mediation & resiliency building for students.
- Community referrals to mental health providers, clothing assistance, food resources, health insurance needs, etc.
- Safety assessments and intervention.



Graduation Requirements

NYS Diploma Requirements

	Regents Diploma	Regents Diploma w/ Advanced Designation	Regents Diploma w/ Advanced Designation and Mastery in Math.	Regents Diploma w/ Advanced Designation and Mastery in Science
Required Credits	22 Credits 4 ELA 4 Social Studies 3 Science 3 Mathematics 2 PE 1 LOTE 1 Art ½ Health 3 ½ Elective	22 Credits 4 ELA 4 Social Studies 3 Science 3 Mathematics 2 PE 3 LOTE 1 Art ½ Health 1 ½ Elective	22 Credits 4 ELA 4 Social Studies 3 Science 3 Mathematics 2 PE 3 LOTE 1 Art ½ Health 1 ½ Elective	22 Credits 4 ELA 4 Social Studies 3 Science 3 Mathematics 2 PE 3 LOTE 1 Art ½ Health 1 ½ Elective
Required Regents Exams	5 Exams ✓ 1 ELA ✓ 1 Math ✓ 1 Science ✓ 1 Social Studies Global History & Geography <i>OR</i> US History & Government ✓ 1 Additional Examination or CDOS	8-9 Exams ✓ 1 ELA ✓ 3 Math ✓ 2 Science ✓ Global History & Geography ✓ US History & Government ✓ Checkpoint B LOTE OR 5 unit sequence in Arts OR CTE	8-9 Exams ✓ 1 ELA ✓ 3 Math ✓ 2 Science ✓ Global History & Geography ✓ US History & Government ✓ Checkpoint B LOTE OR 5 unit sequence in Arts OR CTE	8-9 Exams ✓ 1 ELA ✓ 3 Math ✓ 3 Science ✓ Global History & Geography ✓ US History & Government ✓ Checkpoint B LOTE OR 5 unit sequence in Arts OR CTE
Required Regents Score	65% or higher on <i>all 5</i> required exams.	65% or higher on <i>all 8-9</i> required exams.	65% or higher on <i>all</i> required exams, except math. 85% or higher on all 3 regents exams in mathematics.	65% or higher on <i>all</i> required exams, except science. 85% or higher on all 3 regents exams in science.
**Students can receive <u>honors</u> on a Regents diploma or Regents with advanced designation diploma by receiving an overall <u>average</u> score of 90 or above on all required Regents exams.				

**Students will be scheduled with the presumption that they will obtain an Advanced Regents Diploma.

IMPORTANT SCHEDULING REMINDERS:

- **AUGUST 1ST** is the annual deadline to make changes to your course selections. This gives students up to 7 months to make changes to their courses from selection time (January).
- If there is a *pressing reason*, a course add/drop request form may be submitted **at the start of school**. All requests must be signed by the teacher, parent/guardian and counselor. Changes to a student's schedule **MUST** be completed within the **FIRST 2 WEEKS** of the semester.
- Please contact your child's teacher first if there are concerns with a particular class during the school year.
- Course selections for the following school year will begin mid-year. Keeping these appointments are crucial as we meet with each student individually to discuss academic, college/career preparation as well as post-secondary planning with each student. 😊



Student Checklist

Use the following checklist as a tool to stay on track this year!

Seniors

Marking Period 1

- Finalize college, trade schools & employment options.
 - Go to Counseling Center for hard copy handouts.
 - **Don't forget!** Use your **Choices 360** account for further career exploration!
- Attend last minute college visits/Attend open houses
- Register for SAT and/or ACT if needed
- Request letters of recommendation (3). Make sure to give your recommenders no less than a month time to write you a strong letter!
- Attend college fairs (dates on school calendar)
- Complete **Senior Interview** with your counselor (passes will be sent to 1st period class w/appointment time)
- Start College application on CommonApp and/or SUNY App account
 - Attend after school sessions with counselors during College Application Week for additional assistance!
- Start meeting with military recruiters if desired. Research differences between enlisted vs. officer

Marking Period 2

- Finish College Application (usually by Dec-Feb 1st)
- Write thank you cards to anyone who wrote you a letter of recommendation
- Complete FAFSA & TAP if attending post-secondary education
- Submit Medina local scholarships application

Marking Period 3

- Finalize resume for post-secondary employment. Make an appointment with your counselor for review.
- Review all financial aid packages received by colleges
- Continue to apply for scholarships!
- If playing Division I or II sports in college, send your SAT scores to NCAA.

Marking Period 4

- Notify your counselor with college decision and/or updates regarding post-secondary plan!
- Complete Excelsior scholarship application if attending a SUNY school
- Complete application for GCC Promise Plus Scholarship if interested to take up **to 2 free college courses at GCC**
- Complete Senior Survey via Google Forms (*this is a graduation requirement*)
- Send all transcripts (from colleges that you've earned advanced studies credit in -- GCC, NCCC, NU, and SU) as well as AP and SAT scores to the college/university you plan to attend. Refer to the AS Course Spreadsheet mailed home for directions. ****Mrs. Hiller will send your high school transcripts to your post-secondary institution following graduation.**

CONGRATULATIONS, YOU MADE IT!

Important Reminders:

- Counselors go into English and Social Studies classrooms throughout the year to present college & career preparation information, scholarships, and other crucial information – **ALL THE INFORMATION YOU NEED** for the college/job application process is in the senior presentation slides to include links to all important websites. This is located in the Counseling Center Google Classroom.
- It's never too early to apply for scholarships! Information located in the Scholarship Binder in the Counseling Center!
- **Don't forget to document all activities, awards, and community service for resume enhancement.** We cannot maintain this information for you.
- If you are interested in meeting with a college representative or military recruiter, please let Mrs. Hiller or your counselor know in advance and we will have a pass ready for you on the day of the visit.
- Please be aware that dates and deadlines are posted in the school calendar, presented on morning announcements, emailed and/or posted in the Counseling Center Google Classroom.



Student Checklist

Use the following checklist as a tool to stay on track this year!

Juniors

Marking Period 1

- ☐ Register for the PSAT/NMSQT via collegeboard.org.
Counselors will give a classroom presentation on this!
- ☐ Sign-up for the *GLOW with your Hands* field trip if interested!
- ☐ Complete registration for any advanced studies classes you are taking in order to earn college credit!
- ☐ Create/update NCAA account if interested in playing Division I or II sports in college. See Mrs. Doll for additional information.
- ☐ Attend WNY College Consortium (*College Fair in HS Cafeteria*)

Marking Period 2

- ☐ Continue researching colleges, trade schools & employment options.
 - Go to Counseling Center for hard copy handouts.
 - **Don't forget!** Use your **Choices 360** account for further career exploration!
 - Develop system to organize your research findings (ex: create a spreadsheet for college options, careers of interest, etc.)
- ☐ Meet with your counselor if you need to retake any NYS Regents Exams in January!

Marking Period 3

- ☐ Continue post-secondary research
 - *Tip: Ask questions to community members, friends, and family that work in the career field that you are interested in!*
- ☐ Complete and turn in field trip form(s) for:
 - National College Fair
 - College & Career Day
- ☐ Attend appointment for senior course selections & annual review with your counselor
 - Make sure to review the course listing prior to your meeting. The Course Catalog can be found on the Medina High School webpage under the 'Guidance and Counseling' tab
 - Write down any questions that you may have to discuss with your counselor! 😊
- ☐ Turn in IMPACT Day permission slip
 - *Great way to boost your resume!*
- ☐ Research summer programs, internships, and/or volunteer opportunities
- ☐ Talk with military recruiter if interested
- ☐ Register for SAT and/or ACT if needed

Marking Period 4

- ☐ Complete application for GCC Promise Plus Scholarship if interested in taking a **free college course at GCC**
- ☐ Look for and apply to scholarships over the summer!
- ☐ Go on college visits over the summer!

Reminders:

- **Don't forget to document all activities, awards, and community service for resume enhancement!** We do not have this information.
- Counselors go into classrooms throughout the year to present college & career preparation information, scholarships, and other crucial information -make sure to keep all of your handouts!
- If you are interested in meeting with a college representative or military recruiter, please let Mrs. Hiller or your counselor know in advance and we will have a hall pass ready for you on the day of the visit.
- Please be aware that dates and deadlines are posted in the school calendar, presented on morning announcements, emailed and/or posted in the Counseling Center Google Classroom.

Student Checklist

Use the following checklist as a tool to stay on track this year!

Sophomores

Marking Period 1

- Register for the PSAT if interested
 - Note: most students take the PSAT in 11th grade, however 10th graders can take if they want additional practice
- Complete registration for any advanced studies classes you are taking in order to earn college credit.
- Sign-up for the *GLOW with your Hands* field trip!
- Create NCAA account if interested in playing Division I or II sports in college

Marking Period 2

- Meet with your counselor if you need to re-take any NYS Regents Exams in January
- Turn in BOCES field trip permission slip if interested in touring a program to take during your junior/senior year

Marking Period 3

- Start exploring colleges, trade schools & employment options.
 - **Don't forget!** Use your **Choices 360** account for further career exploration!
- Attend appointment for junior course selections & annual review with your counselor
 - Make sure to review the course listing prior to your meeting. The Course Catalog can be on the Medina webpage under the 'Guidance and Counseling' tab
 - Write down any questions that you may have to discuss with your counselor! 😊
- Turn in IMPACT Day permission slip
 - *Great way to boost your resume!*
- Research summer programs, internships, and/or volunteer opportunities

Marking Period 4

- It's never too early to go on college visits!

Reminders:

- **Don't forget to document all activities, awards, and community service for resume enhancement!**
- Please be aware that dates and deadlines are posted in the school calendar, presented on morning announcements, emailed and/or posted in the Counseling Center.

Succeeding in the Middle and High School



Practice strong organizational skills

- Use a calendar (hard copy or electronic)
- Put materials in their proper places (folder or binder)
- Periodically sort and discard materials that are no longer needed

Practice strong academic skills in reading, writing, speaking, listening, and reasoning

- Complete required schoolwork when it is due
- Review schoolwork on a regular basis (re-read or re-write notes, highlight or summarize)
- Notice what techniques help you remember information (read notes into a voice recorder and listen, create flashcards, draw pictures to illustrate concepts, etc)

Practice interpersonal skills

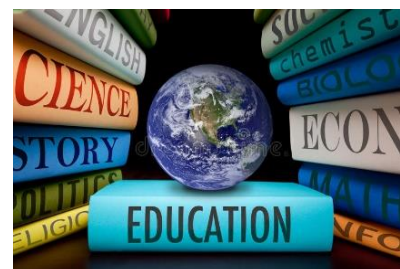
- Listen without interrupting
- Use appropriate manners, (Say hello and good-bye, please and thank you, and address adults using Mr. Mrs. or Ms).
- Advocate for yourself in a polite, respectful manner (Now is the time to start doing things for yourself, rather than relying on a parent)

Practice managing your feelings

- We all get upset at times; learn to handle your feelings in the moment and work through them when it is appropriate
- Acknowledge the feeling to yourself and use deep breathing and/or relaxation techniques to remain in control
- Develop healthy habits around eating, sleeping, and exercise to manage stress

Freshmen

The courses you take in High School are important



- Know the High School Diploma requirements.
- Colleges are looking for MORE than is required for a diploma, ESPECIALLY higher level Math (Algebra, Geometry, and Algebra 2).
- If you are hoping to pursue a sport in college be aware that the NCAA division 1 and 2 colleges have strict requirements of what courses they approve (non-Regents Math courses do not count towards their Math requirement).

Take academics seriously and keep your grades up

- *Every* class grade *counts* towards your overall Grade Point Average (GPA) which determines your class rank
- Colleges want to see students challenge themselves with rigorous courses like Advanced Placement (AP) and Advanced Studies (AS) classes, these classes weigh more heavily in your GPA and can boost your average several points.
- Taking rigorous courses better prepares you for both your Regents exams and college entrance exams such as the Scholastic Aptitude Test (SAT)

Get to know your teachers, counselor, and principal Don't be afraid to reach out for help! (Make use of resources)

- Developing relationships with school staff not only helps you perform better academically; they also provide emotional support and will write you strong and detailed recommendation letters to help you be accepted to college (or to get a JOB).
- Becoming an adult is a challenging time in your life, you can do it, but that doesn't mean you are on your own. School staff is a great resource. Ask questions, stay after school with a teacher if you don't understand an assignment (or even if you do). We became educators because we want to help people grow, so please let us assist you.
- Practice personal responsibility, everyone makes mistakes, that's how we learn. Own what you did, and work to fix the situation.
- Practice persistence and don't give up. Especially try to attend school every day you are able.

Get involved

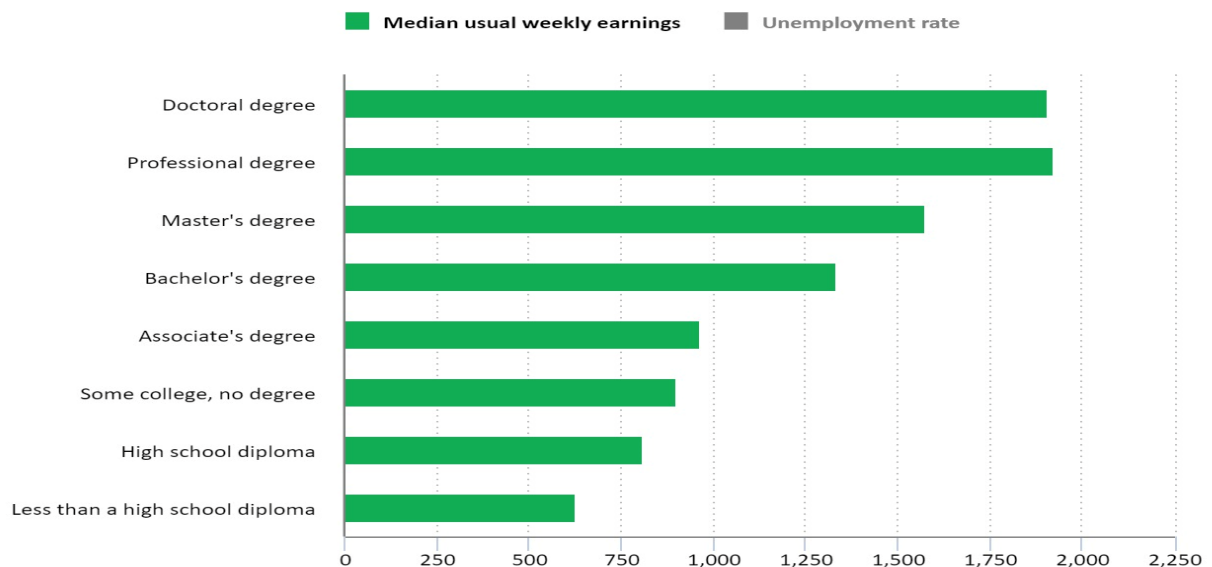
- Pay attention to the quality of your extracurricular activities, it is better to show growth in one or two activities, rather than do the bare minimum in many different activities
- Volunteering can also help you figure out what career you want to pursue by exposing you to varied activities and causes
- Use your summer as an opportunity to work, gain experience in a career field, or further develop a skill.
- **Start keeping track** of your activities and develop your resume.

Start saving for college or a training program*, check out www.collegesavings.org for more information on savings plans.

Education Pays

Earnings and unemployment rates by educational attainment, 2021

Click legend items to change data display



Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: U.S. Bureau of Labor Statistics, Current Population Survey.



*College isn't the only option; ANY post graduate training will increase your salary and employability. In addition to our vocational training programs at BOCES, there are also many other programs available to you after you graduate from high school. It all starts with your NYS Regents Diploma!

How to Stay Informed:

There are numerous ways to stay informed with upcoming news and deadline information from your Counseling Center!

1. Counseling Center Google Classroom

All students are invited to join. This is your go-to place to find what you need!

2. Email

Especially during the scheduling season (January- May) make sure to keep a lookout for an email from your counselor!

3. Follow us on Facebook!



4. Daily Announcements

Missed the morning announcements? No worries! You can always find them on the Medina Jr-Sr High School Home Page.

COMMUNITY SERVICES

***For more information on supportive services, please contact School Social Worker, Ms. DuPont*

Internal

- **Upward Bound**
College readiness program
Gwen Meehan
gmeehan@medinacsd.org
- **L.I.F.E.**
Academic & community support
Cheryl Thompson
cthompson@medinacsd.org
- **GCASA**
Substance abuse prevention counsel
Diane Fulcomer
(585) 589-0055
dfulcomer@medinacsd.org

External

- **Care AND Crisis 24/7 Helpline:**
585-283-5200, Domestic violence, crisis and prevention services
- **Suicide Hotline 24/7**
1-800-273-8255 or text 741741
- **Orleans County Mental Health: Care and Crisis Hotline**
585-344-4400 • 24/7 after hours counseling and crisis intervention
- **Orleans Life Line**
Phone counselors when you need help
(585) 327-4452

MCS D Counseling Program Mission Statement:

"To foster a desire within all students to pursue educational, personal, and career goals. As ongoing advocates for our students, we, as counselors strive to enhance their unique character and aid them in becoming well-rounded, diversely skilled and capable, contributing members of an ever-changing world."



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www.medinacsd.org



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