

SCHOOL COUNSELING NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL / MIDDLE SCHOOL
AUGUST 2009

WELCOME!

The guidance department would like to welcome Amy Scully to our staff. She is replacing Jeanne Thompson who recently moved to Colorado. Amy is coming to us from Monson High School with five years experience as a guidance counselor. She is a graduate of Drew University and earned a Master's degree from UMASS Amherst. Amy loves outdoor activities and hopes to start an Outing Club at our school. We also would like to welcome our new guidance intern, Maki Faria from UMASS Amherst. Maki will be working with your students in a variety of ways, adding to the quality of service we can offer. Our school counselors look forward to a wonderful year assisting your students with career/college, academic, personal, and social concerns.

COURSE CHANGES

Students will have until 2:30 p.m. on September 16th to make the following changes in their schedules:

- 1. To drop a course if they will still have 6.0 credits after the drop.**
- 2. To add a course to *replace* a study hall.**
- 3. To add a course if they have 6.0 credits, but wish to increase their load to more credits.**

Students who wish to move up in course levels can also make that change up until 9/16. Students who wish to move down levels may do that at any time, but the sooner the better.

Please be aware that many classes are full. Thank you for helping us with this process!

SENIOR MEETING 9/23/09

Ms. Richmond, Mr. Gunn, and Ms. Scully will be holding a senior class meeting to go over the college application process on Wed., Sept. 23, 2009 at 7:50 a.m. If you were not able to attend the "Navigating the College Application Process" workshop in the

spring and would like to attend this, please feel free to do so. For up to date information on helpful college search events, please check the HRHS guidance website often. www.hrhs.net

PSAT'S FOR JUNIORS

Mark your calendars now! PSAT's will be given to juniors on **Sat., Oct. 17, 2009 , beginning at 8:30 a.m.** The test takes all morning. All HRHS students taking the test must take it on Saturday. Sophomores are welcome to take the test however, parents/guardians should be aware that for most 10th graders it can be very discouraging since the test includes a great deal of information that has yet to be covered by a student's sophomore year.

SAT'S

Please note the following dates for SAT registration this year:

<u>Test Date</u>	<u>Regular Registration Deadline</u>
Oct. 10, 2009	Sept. 9, 2009
Nov. 7, 2009	Oct. 1, 2009
Dec. 5, 2009	Oct. 30, 2009
Jan. 23, 2010	Dec. 15, 2008
Mar. 13, 2010	Feb. 4, 2010
May 1, 2010	March 25, 2010
June 5, 2010	April 29, 2010

It is recommended that all students take the SAT's twice. Research shows that taking the test a third time most likely will not increase scores and in fact, in most cases, students will see a lower score.

The best way to register is online at www.collegeboard.com. **School code: 220722.**

GROUP COUNSELING

Guidance is again offering a group-counseling program at HRHS. The aim of these groups is to help students improve their interpersonal skills, learn self-responsibility, build self-esteem, and for many, increase their connections to peers and

engagement with school. Group members typically represent all elements of the HRHS student body. Group counseling experiences have had a significant impact on many students over the years as is reflected in the comments from previous group members:

“Group has been awesome. A safe place where anyone and everyone can voice their frustration and fears! It's nice to not feel alone with my struggles. I like to call it structured venting or venting with structure.”

“Without group I wouldn't have been able to graduate. Group kept me alive and helped me deal with what life threw my way!”

These groups can be of great benefit to students who experience some level of difficulty managing the social and emotional experiences of middle and high school. If you feel your son or daughter would benefit from one of these groups or if you have any questions, contact please: Leslie Giordano, Adjustment Counselor/School Psychologist; Jan Sniffen, Adjustment Counselor; or Katie Watkins, Middle School Guidance Counselor.

Group Options:

#1---**Middle School boys** who tend to be more isolated, seem to have few friends, perhaps lack social skills or are (potential) targets for bullying or harassment. The group is an opportunity to experience increased peer support and acceptance, make more or new connections and improve coping and social skills.

#2---**Middle School Girls** who would benefit from talking with same age peers about issues that can affect adolescent girls. Students may need assistance with learning how to voice feelings and concerns in a constructive and healthy way, form good relationships and increase responsibility for their choices in life.

#3---**High School girls and boys** who would benefit from, or be a benefit to, other students, (role models) for co-ed groups. Students who most benefit from this particular group model generally do not suffer from serious mental health issues, but need the support of a weekly skills based support group. The group is an opportunity to experience increased peer support and acceptance, make more or new connections and improve coping and social skills.

GUIDING GOOD CHOICES

HRHS will, for the second year, sponsor a 5-session program to help parents reduce the risk of their children developing drug or alcohol problems. **Guiding Good Choices** (GGC) is a multimedia prevention program that gives parents of children in grades 4-8 (ages 9-14) the knowledge and skills needed to guide their children through early adolescence. GGC, formerly named *Preparing for the Drug Free Years*, grew from research that showed that positive parental involvement is an important factor in helping children resist substance use and other antisocial behaviors. There is clear evidence that the child rearing practices, attitudes, values and behaviors of parents influence whether their children will use drugs or alcohol. GGC seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding in the family, and teach the skills to parents and children that allow children to meet the expectations of their family to resist drug use successfully. The format will involve lecture, discussions, interactive activities and audio-visual media. GGC will meet once a week for 2-2 ½ hours in the evening, starting in October. Specific dates and times are still to be determined. Attendance at all sessions is requested. Participation is free and food and childcare will be provided. Parents of children in all of our schools are welcome.

Contact Mary Phelan @527-7200, Leslie Giordano or Jan Sniffen @ 527-7680 with questions or to register.

CONTACTING GUIDANCE....

Please feel free to contact guidance staff by calling 529-2780 x 2 or by emailing:

Maureen Monaghan, Administrative Assistant (mmonaghan@hr-k12.org)

Katie Watkins, Guidance Counselor, 7-8 (kwatkins@hr-k12.org)

Patti Richmond, Guidance Coordinator and Counselor, grades 9 – 12,

A – F (prichmond@hr-k12.org)

George Gunn, Guidance Counselor, grades 9 – 12,

G-Labrie (ggunn@hr-k12.org)

Amy Scully, Guidance Counselor, grades 9 – 12, Lac – Z (ascully@hr-k12.org)

Leslie Giordano, School Psych., Adj. Counselor (lgiordano@hr-k12.org)

Jan Sniffen, Adj. Counselor (jsniffen@hr-k12.org)

Interns: hrguidintern@hr-k12.org