

# SCHOOL COUNSELING NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL / MIDDLE SCHOOL  
SEPTEMBER OCTOBER 2010

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## **WELCOME!**

The guidance would like to welcome our new guidance interns, Jess Austin and Jacob Wenger from UMASS Amherst. They 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 16<sup>th</sup> 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 9/22/10**

Ms. Richmond, Mr. Gunn, and Ms. Scully will be holding a senior class meeting to go over the college application process on Wed., Sept. 22, 2010 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](http://www.hrhs.net)

## **PSAT'S FOR JUNIORS**

Mark your calendars now! PSAT's will be given to juniors on **Wed., Oct. 13, 2010, beginning at 7:50 a.m.** This will be the first time in a number of

years that we will offer to administer the PSAT on a school day. We elected this option in order to make the test more assessable to all Juniors.

**Registration for the PSAT will begin on September 20<sup>th</sup>. The deadline for sign-ups is October 1<sup>st</sup>.** The test takes all morning. Sophomores are welcome to take the test however, parents/guardians should be aware that for most 10<sup>th</sup> 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. 9, 2010	Sept. 10, 2010
Nov. 6, 2010	Oct. 1, 2010
Dec. 5, 2010	Oct. 30, 2010
Jan. 23, 2011	Dec. 15, 2010
Mar. 13, 2011	Feb. 4, 2011
May 1, 2011	March 25, 2011
June 5, 2011	April 29, 2011

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](http://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](mailto:mmonaghan@hr-k12.org))

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

Patti Richmond, Guidance Coordinator and Counselor, grades 9 – 12, A – F ([prichmond@hr-k12.org](mailto:prichmond@hr-k12.org))

George Gunn, Guidance Counselor, grades 9 – 12, G-Labrie ([ggunn@hr-k12.org](mailto:ggunn@hr-k12.org))

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

Leslie Giordano, School Psych., ([lgiordano@hr-k12.org](mailto:lgiordano@hr-k12.org))

Jan Sniffen, Adj. Counselor ([jsniffen@hr-k12.org](mailto:jsniffen@hr-k12.org))

Interns: [hrguidintern@hr-k12.org](mailto:hrguidintern@hr-k12.org)