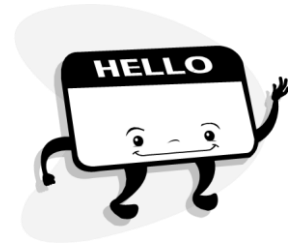


**Welcome to
North Haven High School**



**Freshmen
Meeting with School Counselor**



Dear Freshman:

I am very happy to finally meet you! I have seen your names in print and it is nice to put faces with those names. I will be your School Counselor for the next four years. These years do go by very quickly. When you see me in the halls please say hello! It is still important that we get to know one another. Saying hello in the hall, the cafeteria or just stopping by my office are great ways for both of us to get acquainted. If your schedule prevents this, there are various ways for you to contact me. I have listed the ways to get my attention immediately.

Ways to Get Help:

1. Voicemail & email can be reached 24 hours a day. Call the high school at 239-1641 and dial the appropriate extension. Email is also a good way to reach me (via our e-board).

A-Cou	Anthony Mastriano	x2807
Coy-Cu	Rebecca Carr	x2803
D-Hot	Doug Frasier	x2804
Hou-Mi	Melissa Chiarelli	x2806
Mo-R	Michael Mirabello	x2808
S-Z	Laurie Middleton	x2805

2. You can stop in to the Student Services Office and sign up with a secretary to see me. She will give you a pass. (You cannot come out of class unless it is an emergency—sign up during a free block, passing time, or lunch wave). I also have lunch duty--you can talk to me there too!
3. Stop me in the hallway any time. I may not have time to handle your issue then, but we can make time to talk about it later.
4. I am available to meet you before and after school. Please make an appointment a few days before you want to see me.
5. View our webpage for updated student information.

Sincerely,

Ms. Carr *Mr. Mastriano*
Mrs. Chiarelli *Ms. Middleton*
Mr. Frasier *Mr. Mirabello*

Please share this note with your parents or guardians!!!!

SUCCESS PLAN

Setting Academic and Future Goals

Student Name: _____

Directions: I want you to think about yourself as a student. Consider your study skills/strategies, learning styles, and organizational strategies. It is now time for you to consider your strengths and weaknesses as a 9th grade student. How can you improve yourself?

Goal Writing: When you write goals they should be “SMART” GOALS:

- ❖ **Specific** rather than general (ex: “I want a 3.5 GPA” or “Complete 100% of my HW” or “a B or higher in every class”)
- ❖ **Measurable** by the types of classes taken, or grades, or attendance.
- ❖ **Achievable** or realistic for an 9th grade student.
- ❖ **Relevant** to your life.
- ❖ **Time-oriented** and able to be finished by the end of the school year.



Answer some questions FIRST!

I plan to incorporate these study & organizational skills this year (please list some): _____

I will do my homework each day at (where & when): _____

I will read _____ number of books and magazines each month.

To help me learn more in class, I will: _____

I will ask questions about: _____

I will ask for help from: _____

Now, Write 3 SMART GOALS for yourself now and the future:

1. ACADEMIC

2. CAREER

3. PERSONAL/SOCIAL/EMOTIONAL

Please access your Naviance account and enter these goals.

Add a Goal to Your Naviance Planner

1. Go to **connection.naviance.com/northhavenhs**
2. Click on MY PLANNER
3. Click the GOALS tab
4. Under 'add new goal' choose Academic, Career, or Personal/Social from the DROP DOWN MENU
5. Enter your goal and complete the fields
6. Click ADD GOAL
7. Repeat to add another goal. You need to enter at least one academic and one career goal

SCHOOL COUNSELING AND YOUR CHILD

School Counselors will meet with your child at least 2 times each year to review academic and personal progress.

In addition to, and within these meetings, your child will engage with their counselor in various college and career development activities as part of the Student Success Plan.

<p>Grade 9:</p> <ul style="list-style-type: none">• Goal-Setting• Course Plan for Graduation• Complete “Career Interest Profiler”• Study Skills• Meet with School Counselor	<p>Grade 11:</p> <ul style="list-style-type: none">• Goal-Setting & Review• Course Plan for Graduation• College/Career Exploration• Meet with School Counselor
<p>Grade 10:</p> <ul style="list-style-type: none">• Goal-Setting & Review• Course Plan for Graduation• Complete “Do What You Are”• Meet with School Counselor	<p>Grade 12:</p> <ul style="list-style-type: none">• Goal-Setting & Review• Course Plan for Graduation• Develop Resume• Post-Secondary Planning with School Counselor• Senior Graduation Survey

If your child is experiencing academic or personal difficulties, we are here to help!

School Counselors:

- ❖ Deliver Comprehensive School Counseling Program activities
- ❖ School counselors review grades for each student and create individualized improvement plans. We also work for your child’s success through collaborating with teachers, administrators, doctors, therapists, and agencies.
- ❖ Work with every student to guide them in developing a goal for after high school creating a plan, gain the necessary skills, and knowledge to achieve that goal.
- ❖ Work with parents, consult with teachers and administrators, and connect students with outside agencies.
- ❖ Assist with countless student matters related to obtaining academic help and managing personal difficulties.
- ❖ Are a resource for everything related to college, course selection, career development, scholarships, clubs and activities involvement, new student registrations, graduation requirements, referrals to mental health professionals in the community, etc.
- ❖ Advocate for students and are here to help with whatever they need.

American School Counselor Association: Back-to-School Tips

Connecting with Your Child's School Counselor for a Successful School Year

Understand the expertise and responsibilities of your child's school counselor.

School counselors make a measurable impact in every student's life, assisting with academic, career and personal/social development. Professional school counselors are trained in both educating and counseling, allowing them to function as a facilitator between parents, teachers and the student in matters concerning the student's goals, abilities and any areas needing improvement. School counselors provide services not only to students in need, but to all students.

Meet or contact your child's school counselor at least three times per school year. The beginning of a school year is an excellent opportunity to initiate contact with your child's school counselor and doing so can ensure your child's positive school experience. Find out who the counselor is and what his or her experience and background are. By communicating with one another at the beginning, middle, and end of the school year, parents and counselors can have a definite impact on a child's success.

Discuss your child's challenges and concerns with the school counselor. As a parent, you know your child best. However, the school counselor can help you better understand your child as a student. It's important to encourage your child's expression of needs, hopes and frustrations. School counselors are trained to help your children.

Learn about your child's school and social connections from the school counselor. When you need information or assistance, your child's school counselor can help you get in touch with the appropriate school officials; learn about school policies on behavior, attendance, and dress; know the school calendar of important dates and stay connected with the school in many other ways. The school counselor can also help you locate resources in the community when you need them.

Work with the school counselor to identify resources and find solutions to problems. If your child is having a problem at school, it is important to work with your child's school counselor to find solutions. Discuss resources available within and outside of the school, and get information on how such programs can benefit your child. Your school counselor can be a valuable partner in your child's education and preparation for life beyond school.

What are the qualifications of School Counselors?

In North Haven all School Counselors hold a Master's Degree in Counseling. They have engaged in at least 60 credits of courses related to developmental theory, counseling theory and techniques, college counseling, group counseling, career development, family therapy, and multicultural counseling. They have completed over 1200 hours of training in addition to course work. In our department we are fortunate to have five (5) Nationally Certified Counselors and one Licensed Professional Counselor.



10 Good Study Skills

1. Write it Down:

In each class, each day, write down homework assignments, test/quiz dates, long term assignment/project dates.

2. Make an Appointment with Yourself:

Establish a time that you will do your homework every day. This will help you to remember to do it. If another obligation comes up such as a game or after school activity, make another appointment time.

3. Create a Place:

Decide on a place for doing your homework. Possibly a desk in your room or the kitchen table. This place should be free of distractions to allow you to concentrate.

4. Test Taking:

When studying for a test, make benchmarks and rewards for yourself. For example, tell yourself that you will practice 10 math examples and then watch a half hour of TRL.

5. Take Notice

Make a note of anything you don't understand. Ask your teacher for help the next day.

6. Do it Today

With block scheduling, it is a good idea to do your homework the day it is assigned, even though it isn't due until 2 days later. You should also review what will be turned in tomorrow so the concepts are fresh in your mind.

7. Get in a Group

When studying for a test, working with a friend or two can help you learn concepts and ask questions if you are unsure about something.

8. Proof It

Before handing in a project or essay be sure to proofread it. Taking time to make sure everything is spelled right (spell check isn't foolproof) and is grammatically correct can save you from losing points.

9. Stow It

Be sure to place your books and completed homework/projects in your bag before you go to bed. This reduces stress the next morning of having to gather all of your work.

10. Take a Break

Going to school during the day and doing homework after school can take its toll on you. It is easy to get worn down. Be sure to take a break to rest or do something you enjoy. Being able to balance work with leisure is very important in keeping your stress levels low.