

The background features a dark blue gradient with a subtle pattern of white dots. On the left side, there are several overlapping circular elements. A prominent one is a large circular scale with tick marks and numbers ranging from 140 to 260. Other circles include dashed lines, solid lines, and arrows, some pointing inward and some outward, creating a sense of motion and depth.

AHS COUNSELING SERVICES

FALL 2021

We want to know how much our students know about us.

Please raise your hand to the statement that best matches your level of knowledge about us.

#1. I have a counselor?

#2. I know where to find my counselor.

#3. I know who my counselor is and what he/she can do to help me.

WHO WE ARE...



- **Sarah Schmit**
- **Serving students last names A-E**
- BA from Augustana University in Psychology & Social Work and MA from MSU Mankato in Counseling & Student Personnel
- 19 year as a School Counselor, 3rd year at Austin High School
- Proud mom of two amazing girls!
- Loves iced coffee, summer & traveling to warm places!



- **Lynn Keenan**
- **Serving students last names F-Laz**
- BA in Education from Michigan State University and a MA in Educational Counseling and Psychology from Western Michigan University
- 23 years as a School Counselor and a total of 28 years in Education, 10th year at AHS
- Married & proud mom of two boys & a sweet Golden Retriever
- Love to spend time with family, travel, and exercise!

WHO ARE WE..



- **Julie Hale**
- **Serving students last names Le-Reh**
- BA in Social Work and Psychology from the Univ. of Northern Iowa, and Masters of Social Work from the University of Minnesota
- 16th year in the AHS Counseling Office
- Proud mom of two sons, Parker and Jackson
- Love watching my adult sons race B-mods
- Enjoy gardening, being outside and motorcycle rides with my husband



- **Bryce Hoffa**
- **Serving students last names Rei-Z**
- BA in Psychology from Macalester College in St. Paul and a MA in Counseling from Minnesota State University, Mankato
- 2nd year in the AHS Counseling Department
- Enjoy playing baseball, softball and sports.



COUNSELING SUPPORTS

- **Mrs. Kris Murley**
- **Administrative Assistant/Registrar**
- 10 years in education field, 6 years with Austin Public Schools
- Prior to working in the schools, worked in the hotel industry
- Married, 3 kids, (one at U of M-Twin Cities and two Seniors this year, attending AHS), 2 dogs, and 2 cats
- Love watching sports; specifically those that my kids are or have been involved in...soccer, cross-country, swimming, basketball and track.



- **Ms. Amy Mayers**
- **College & Career Center (CCC)**
- 4-½ years in US Navy, Russian Linguist, Rota, Spain.
- 29 years designing light fixtures for health care
- Passion for helping students find a path to a successful education and career.
- Two hard working sons. Wonderful daughter-in law, four red headed grandsons, one Shih Tzu named Lola.
- Love being with family, colored pencil drawing and writing.
- Author know as AJ Sullivan

COUNSELING OFFICE SERVICES

OUR INTENTION IS TO BUILD CONFIDENT, RESPONSIBLE, LIFELONG LEARNERS WORKING TOWARDS ACADEMIC, SOCIAL, EMOTIONAL AND POST-SECONDARY CAREER READINESS SUCCESS.

- Academic Support
 - Scheduling
 - Credit Checks
 - Credit Recovery & Summer School
 - Student advocate for advanced classes, AVID, graduation, etc.
- Social & Emotional Support
 - Assist with referrals to outside resources and agencies, like Gerard Counseling Services, the Welcome Center, Austin Aspires, Salvation Army, etc.
 - Short term/Brief individual counseling services available
- College & Career Assistance
 - MCIS (Minnesota Career Information System)
 - PCR (Post-Secondary Career Readiness)
 - PSEO (Post-Secondary Enrollment Options) Information & Registration
 - Testing Information (AP, ACT, PSAT)
 - Summer Enrichment Information (MITY, Step-UP, Be Your Best, etc.)
 - Junior Student/Parent Night
 - Parchment Activation (transcript requests)
 - Letters of Recommendation
 - The Common Application Assistance

COLLEGE & CAREER CENTER SERVICES

- Career search and planning
- Career days/events
- Job fairs
- Resume preparation (Also in PCR & MCIS)
- Military assistance
- College Rep visits
- Scholarship information & assistance
 - Wallin Scholarship
 - Horatio Alger Scholarship
 - The Hormel Foundation Austin Assurance Scholarship
 - Many other local and national scholarships
- Mayo Health Care Career Festival
 - 11th & 12th graders
 - Interested in available medical careers
 - Advance Registration Required
- College search and application assistance
- Financial Aid services
 - Scholarship search and applications
 - Hormel Foundation Austin Assurance Scholarship
 - FAFSA assistance in coordination with Riverland Community College
- Test preparation (ACT, SAT, Accuplacer)
- Test administration (Accuplacer & ASVAB)
- Transcript assistance

SUCCESS COACHES

- **Mrs. Garcia**
 - Spanish Interpreter



- **Mr. Mee Tee**
 - Karenni & Burmese Interpreter

- **Mr. Othogi Obang**
 - Anyuak Interpreter



- **Mr. Santino Deng**
 - Dinka & Arabic Interpreter

HOW CAN SUCCESS COACHES HELP?

- INTERPRETER:

- --Phone calls
- --Meetings
- --Conferences
- --Parent Meetings in Spanish

- A CONTACT FOR SERVICES:

- --Packer Pantry
- --Free eye exam/glasses certificates
- --Children's Dental Health
- --United Way coats

- ADVOCATE FOR STUDENTS/FAMILIES:

- --Advanced classes
- --AVID
- --Graduation
- --Post-secondary access, including MN College Goal (FAFSA and MN Dream Act help nights)
- --Scholarships, including The Hormel Foundation Austin Assurance Scholarship
- --College field trips

BULLYING BOX

- The definition of bullying is:
- Student-student
- Occurs on school premises, at an activity, or through electronic technology
- Substantially disrupts the learning (victim)
- Evidence of intimidation, threatening, abusive or harming conduct
- Perceived or actual imbalance of power
- The box is located right by the attendance office. There are forms located there. I check it daily. The law requires that I start my investigation within 1 school day.
- Lots of "mean behavior" does not meet the definition of bullying.
- We can't do anything to stop it, if no one reports it. Many times, a concerned friend or bystander will report it, and that is what good friends do. We always work really hard to keep the names of those who report completely confidential.





MAKE IT A GREAT YEAR!

We hope you'll come to see us for
your academic, social, emotional
and college/career needs.

-Your AHS Counseling staff and Success Coaches