



DeMATHA CATHOLIC HIGH SCHOOL



Order of the Most Holy Trinity

UNITED STATES DEPARTMENT OF EDUCATION
TWICE RECOGNIZED SCHOOL OF EXCELLENCE

Counseling Center

Dear New Student:

On behalf of the Counseling Center at DeMatha Catholic High School, we would like to welcome you! One of the goals of our office is to help each student become a more effective learner. As you head into your first year of high school, you will be going through a transition. To better prepare you for that transition, we'd like you to know the following information.

- You will be meeting new classmates but they will be going through changes too! Remember, even the seniors were freshmen not long ago.
- You'll be meeting new teachers. Each one will have a different style of teaching. They will demand more from you but they really want you to succeed and learn. Don't be afraid to ask questions.
- You will be given more independence and at the same time you will have more responsibilities. It will be up to you to get to class on time, complete your homework every day, study for tests, and plan more.
- Try to always take classes that will challenge you. If you think the class you are in is too easy or too difficult, speak to your teacher right away.
- Your first year grades are part of your overall grade point average. Do your best to get off to a good start and learn all you can.

The Counseling Center has programs that can help you with test taking skills, learning to manage homework, understanding your G.P.A., preparing for college, getting organized, planning for long-term projects, taking notes in class, and study skills. We can also help you learn to handle conflict better, to stay healthy and safe, and to make wise choices.

We are looking forward to meeting you soon.

Sincerely,

m. m. Ritz

Maureen Mann Ritz, M.A., L.C.P.C.

Director of Guidance and Counseling

Theo Garrett

Counselor for the class of 2025