



COUNSELING STAFF

Assignments:

A - Car

Cas - Fon

Foo - Ka

Ke - Mh

Mi - P

Q - Sm

Sn - Z

SAC Counselor

Counselors:

Dana Keck

Paula Schnorbus

Joseph Schlaline

Kimberly Gibson

Meredith Goodman

Kaila O'Donnell

Haresh Kapadia

Alexandra Catena

Supervisor of Guidance:

Donna Sicola

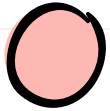
Secretary of Guidance:

Angela Jones

Secretary of Guidance:

Sharon Thasites

FOR MORE INFO!



[SWMHS Counseling Website](#)



[SWMHS Twitter Page](#)



Counseling Department Phone Number: 732-525-5280

UPCOMING EVENTS

POWERPOINT PRESENTATION FOR SENIOR PARENTS

[Senior Information
PowerPoint](#)

FINANCIAL AID PRESENTATION

[HESAA 2021-2022
Financial Aid
Information
Session](#)

Please note: this is last year's presentation and will be updated as HESAA releases one.

Use this as a reference.

JUNIOR PARENT NIGHT

TBD

Continue to monitor the Guidance Department website for updates on date, time and location.

SWMHS GUIDANCE ROAD MAP

GRADE 9

GRADE 10

GRADE 11

GRADE 12

GRADE 9

Counselors work with students in 3 Areas

Academic: Review report cards/transcripts/test scores to determine strengths and weaknesses, set academic goals; stay engaged. Monitor grades on the Student Portal. Attend classes...be on time! In order to obtain Sophomore standing, you must complete 25 credits. Get involved! Join clubs and activities to build your college resume!

Personal/Social: Self-knowledge...what are your abilities, interests and values? Are you making healthy choices in friends, sleep, and communication with family, friends and teachers? Have you discovered a way to cope with personal issues in your life? You might want to talk with teacher, nurse, counselor, or parent about any problems. Whenever needed, please email your counselor!

Career/Post High School Planning: Focus on strong study habits, obtaining good grades, and participating in extracurricular activities. Identify areas that are interesting to you and explore potential career fields. If you are planning to attend a 2 year school, 4 year school, or technical school, start off on the right foot! Maintain good grades and strong study habits!

***REMEMBER:** All of your grades are now part of your permanent record. Colleges will see every final average grade on your transcript!!!

[SWMHS Guidance Road Map](#)

GRADE 10

Counselors work with students in 3 Areas

Academic: Review SWMHS and New Jersey School Graduation Requirements, such as courses needed for your remaining years and credits. High School Transcript and Grade Point Average (GPA), get an understanding of where you stand and how your grade 10 classes look on your transcript. Review school involvement, community service, and academic assistance opportunities!

Personal/Social: Review school involvement, community service, and academic assistance opportunities! Start to join clubs that spark your interest and your abilities. If you aren't sure about specific clubs or extracurricular activities, attend the activities fair or speak with your counselor.

Career/Post High School Planning: Start to refine your post-secondary goals through career interest inventories and profilers. Explore post-secondary goals through Naviance tools and the College Board Suite of Assessments and ACT.

[SWMHS Guidance Road Map](#)

GRADE 11

Academic: Continue to review SWMHS and New Jersey School Graduation Requirements, such as courses needed for your remaining years and credits. Work with your counselor to create a course plan for the remaining years at SWMHS. Start to review your post-secondary plans with a more in-depth mindset (attend college fairs, Junior meetings with your counselor, complete a career interest profiler). Review school involvement, community service, and academic assistance opportunities!

Personal/Social: Need help trying to figure out what's next after high school? Join in counselor groups or hold an individual meeting with your counselor to set short and long term goals to help guide you through upcoming milestones.

Career/Post High School Planning: Discuss post-secondary plans whether it be college, the workforce or military service with your family and school counselor. Review your post-secondary goals through Naviance tools. Reflect on surveys you completed in the past to determine your abilities and interests to gauge the path you need to take (trade school, associate's degree, certificate programs, etc.)

GRADE 12

Academic: Explore post-secondary goals through Naviance. Maintain a strong course selection and academic standing - continue to work with the school counselor for monitoring and assurance the student is on track. If you need to complete a standardized test such as SAT or ACT for college admission, please sign up for them (*note, due to COVID-19 most schools are becoming SAT/ACT Optional). Continue to work hard in your classes but explore various electives to expand your interests/abilities.

Personal/Social: Need help trying to figure out what's next after high school? Join in counselor groups or hold an individual meeting with your counselor to set short and long term goals to help guide you through upcoming milestones.

Career/Post High School Planning: Start to finalize post-secondary plans whether it be college, the workforce or military service with your family and school counselor. Review applications and checklists with your counselor. The guidance department hosts college representative visits daily - check Naviance for schools and dates. These will be conducted virtually for the time being. Review virtual tours of programs through the institution's website, sign up for college fairs, and attend campus visits where possible. Discuss scholarship opportunities with your counselor.

[SWMHS Guidance Road Map](#)



MEET THE COUNSELORS!



SCHOOL COUNSELOR (A-CAR)

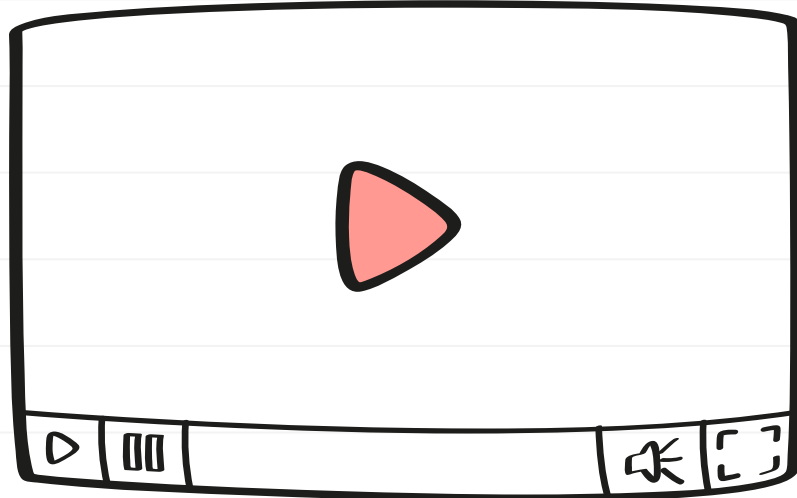
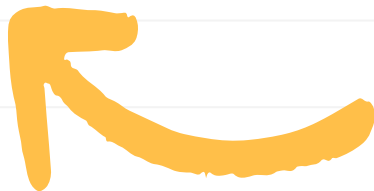
Contact Info

Email:

Dana.Keck@sayrevillek12.net

Phone: 732.525.5252

Ext. 8065



SCHOOL COUNSELOR (CAS-FON)

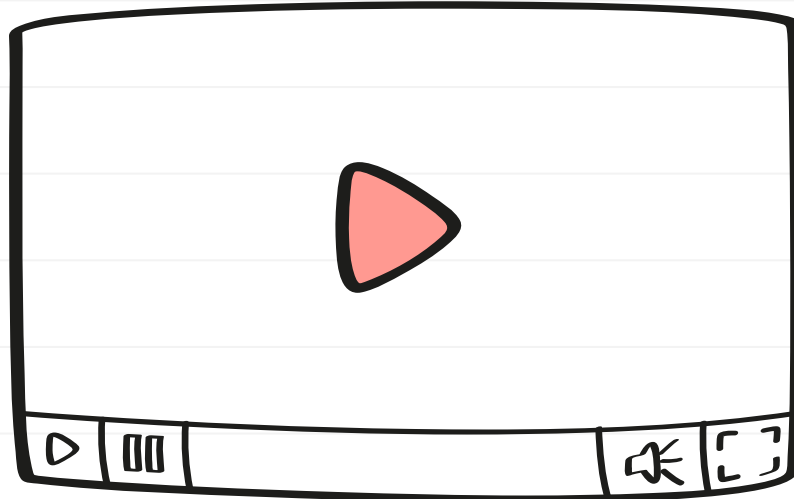
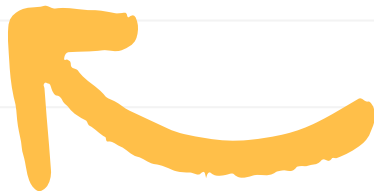
Contact Info

Email:

Paula.Schnorbus@sayrevillek12.net

Phone: 732.525.5252

Ext. 8067



SCHOOL COUNSELOR (FOO-KA)

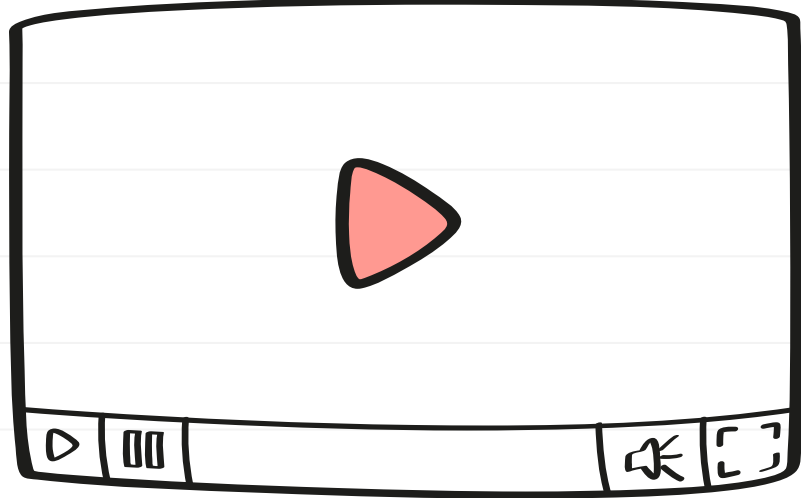
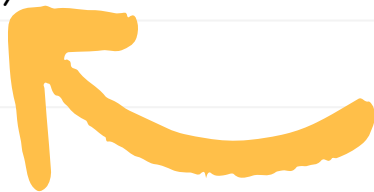
Contact Info

Email:

Joseph.Schloline@soyrevillek12.net

Phone: 732.525.5252

Ext. 8319



SCHOOL COUNSELOR (KE-MH)

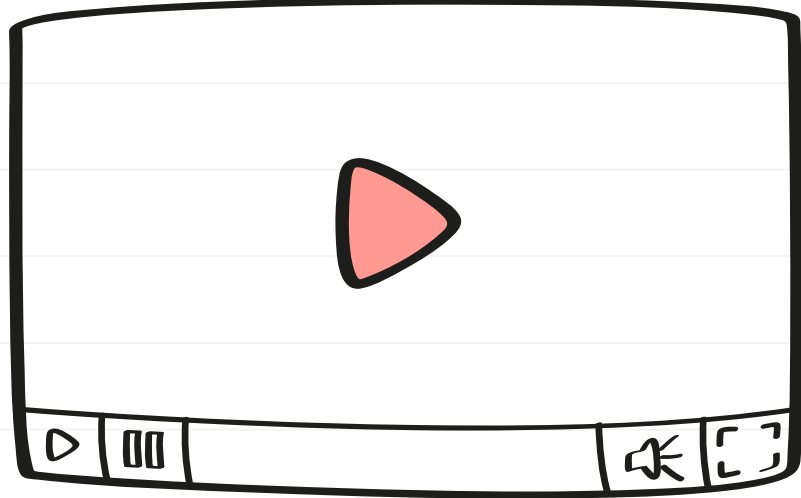
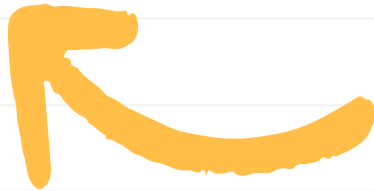
Contact Info

Email:

Kimberly.Gibson@sayrevillek12.net

Phone: 732.525.5252

Ext. 8068



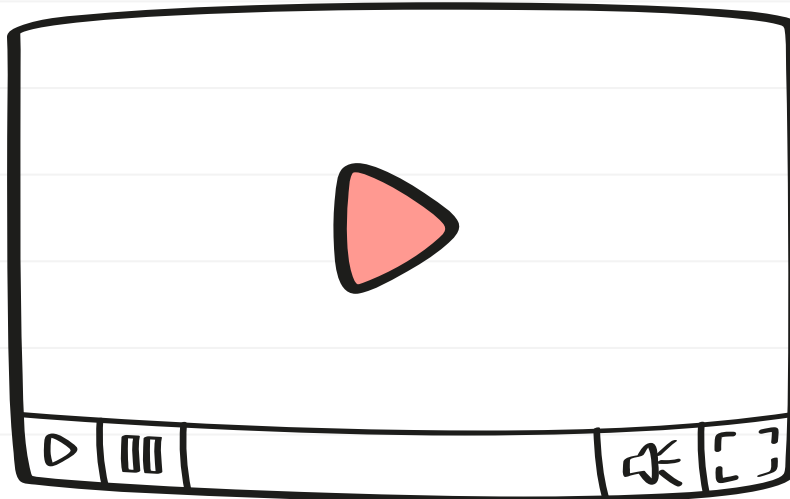
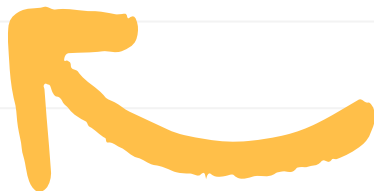
SCHOOL COUNSELOR (MI-P)

Contact Info

meredith.goodman @sayrevillek12.net

Phone: 732.525.5252

Ext. 8064



SCHOOL COUNSELOR (Q-5M)

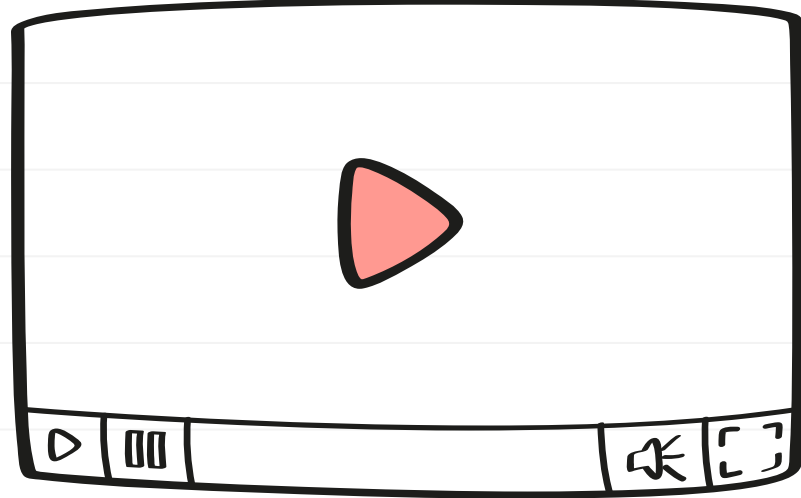
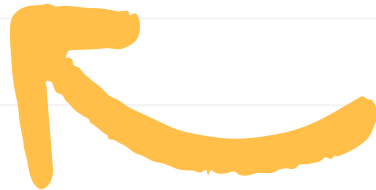
Contact Info

Email:

kaila.odonnell@sayrevillek12.net

Phone: 732.525.5252

Ext. 8066



SCHOOL COUNSELOR (SN-2)

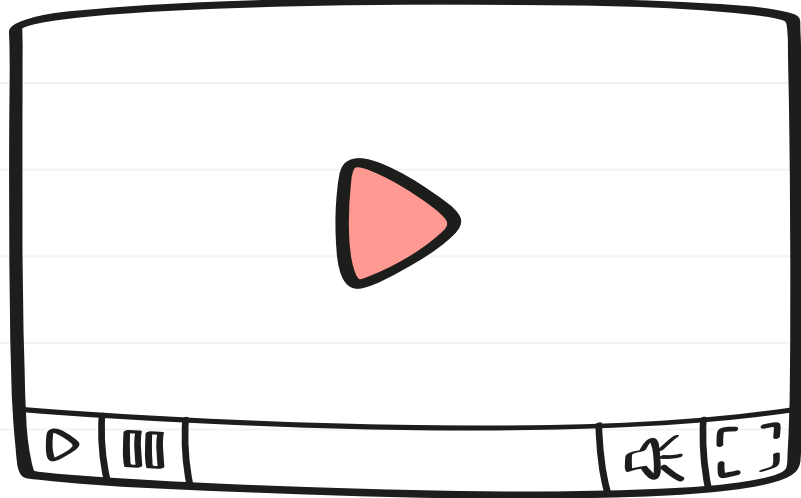
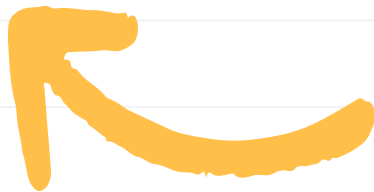
Contact Info

Email:

Haresh.Kapadia@sayrevillek12.net

Phone: 732.525.5252

Ext. 8063



STUDENT ASSISTANCE COUNSELOR (SAC)

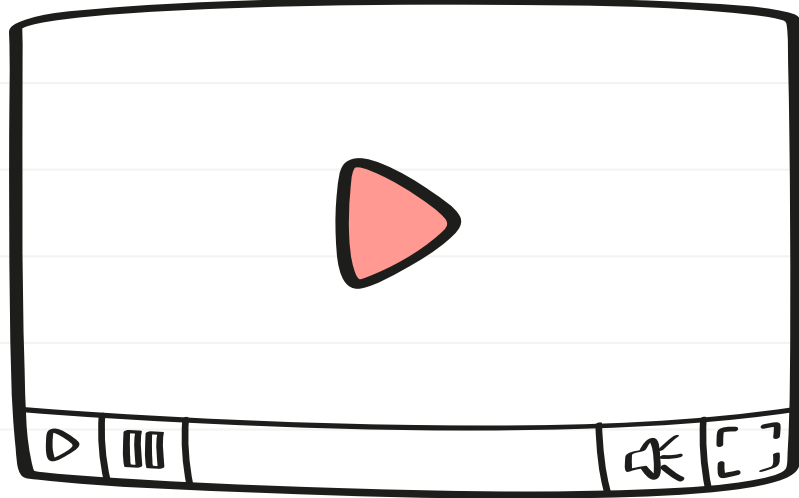
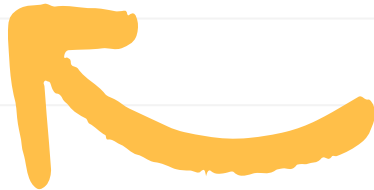
Contact Info

Email:

alexandra.catena@sayrevillek12.net

Phone: 732.525.5252

Ext. 8330

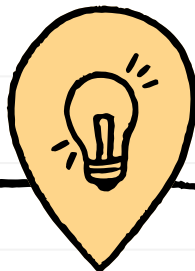


INFORMATION ON VAPING



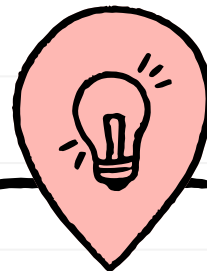
VAPING

Click [here](#) for more information on vaping devices



QUICK FACTS

Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s



RESOURCES

[CDC on Vaping](#)

[How to Talk to Your Child About Vaping](#)

[Health Effects and More!](#)

Community Resources: *Below are community resources that provide a number of different services, including but not limited to, individual, group, and family counseling, addiction treatment, etc...*

Catholic Charities- East Brunswick
732-257-6100

Center for Marriage and Family Counseling- Matawan
732-721-5760

First Step Counseling- Metuchen
732-549-0401

Rutgers Behavioral Health- Edison, Piscataway, Freehold
1-800-969-5300

Innerspace Counseling- Old Bridge
732-332-8270

High Focus (addictions and mental health treatment)- Multiple locations
(877) 404-9956

Children's Mobile Response (Perform Care) (central number that will assess level of need and refer to appropriate resources)
1-877-652-7624

Middlesex County Family Support Organization 732-235-5705

Individual Therapists: *Below are individual therapists. Contacting therapists can provide a better understanding of the services they offer.*

Janet Chizmadia
3 Auer Court, Suite F East Brunswick, NJ
732-742-2719

Jeffrey Savlov
47 Raritan Ave, Suite 130 Highland Park, NJ
732-296-8047

Monica Blum
47 Raritan Ave, Suite 120 Highland Park, NJ
732-296-8046

Victoria Laszlo
367 Old Bridge Turnpike East Brunswick, New Jersey 08816
732-903-2388

Jacqueline Giordano
402 Main Street, Suite 201 Metuchen
732-635-9797

LOCAL COUNSELING RESOURCES

THANKS!

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