

EHS COUNSELING NEWSLETTER



AUGUST/SEPTEMBER 2021

Greetings from the Eldorado Counseling Team,
and welcome to the 2021-22 school year!



STAY IN TOUCH
& INFORMED!



- On the EHS [Counseling website](#), students & families will find a wealth of information & resources, including events, opportunities, college & career resources, dual credit info, and academic and social-emotional support.
- Connect with your counselor! Find our contact info [here](#). Reach your counselor for non-urgent issues through this [form](#). Get to know us on the next page!
- Students, check APS Gmail daily, and join your grade-level Counseling Google Classroom (invitation in your school Gmail if you haven't joined already)!
- Students & families should be receiving emails from Administration; if you haven't received any this year, check with your [grade-level secretary](#) to ensure we have your current email address in our system.
- Sign up for Remind texts re: academic/college/career opportunities & campus activities. [Instructions here!](#)
- Follow us! Instagram: [eldo_counseling](#). Twitter: [@eldocounseling](#)
- Do you qualify for Free/Reduced Lunch? In addition to meals, FRLP entitles students to discounted testing, summer school, and college application fees! [Sign up here!](#)



HELP IS AVAILABLE!



We all need support sometimes, and your counselors are here for you!
If you're experiencing a crisis or challenging time, or are concerned about a friend,
come to counseling on the ground floor of the Admin. Building!
EHS also has a Wellness Room, upstairs in the Media Center, where you can relax
and decompress during the school day.

Need support after hours? There are [helplines & resources](#) available 24/7.



DATES & EVENTS



- August 25 @ 6 - 7:55 PM: EHS (virtual) Open House. Check your email for log-in instructions!
- August 26 @ 5:30-6:30 PM: [virtual info session](#) re: how to be a successful CNM Dual Credit student.
- September is Suicide Awareness Month. Please know that you are not alone! Come to Counseling if you are in crisis or you or a friend need support, and remember there are always [24/7 crisis resources](#) available!
- Saturday, Sept. 18: College Connect Fair for Native American students, 9 AM - noon, APS Berna Facio Training Center, 3315 Louisiana Blvd NE, all grades welcome.
- Sunday, Sept. 19: RMACAC New Mexico College Fair, 12-3 PM, Albuquerque Convention Center, no cost. All students & families welcome at NM's biggest college fair! Find [updates here](#).
- Tuesday, Sept. 21 in AM: college fair in EHS courtyard. All Seniors & Juniors will attend with their classes!
- October 13: PSAT. Mandatory & free for sophomores; *optional* for Juniors. See [Information/Juniors register by 9/8!](#)
- College & Career Information Night (virtual) for Seniors & Families with Ms. Velhagen: Wed., Sept. 8 @ 6 - 7:15 PM. Link will be emailed to Senior families. (College & Career Information Event for Juniors coming Feb. 3!)
- Colleges love to meet with EHS students to showcase their programs, admissions requirements and scholarships. Colleges will be visiting this year, both on campus and virtually. Juniors & Seniors may sign up for these visits on the [main page of the Counseling website](#). Several are already scheduled and many more to come soon!

MEET OUR COUNSELORS!



Ms. Kelsea Martinez-Eggleston, Counselor for last names A-Df

Contact Information: (505) 296-4871 ex.35038, Email: kelsea.martinezeggleston@aps.edu

Education: MA from The University of New Mexico (Professional Counseling & School Counseling), BA from University of New Mexico (Major: Psychology, Minor: Family Studies)

Background: I am a native New Mexican, born and raised in Albuquerque. My family has been in New Mexico for many generations.

Trivia: My favorite ways to spend my time are reading, singing, traveling, learning about my family lineage & history, learning about different cultures and spending time with my family.

Favorite Quote: "I come as one, but stand as 10,000". -Maya Angelou

Ms. Lori Ryan, Counselor for last names Dg - Jac

Contact Information: (505) 296-4871 ex.35044, Email: lorene.ryan@aps.edu

Education: M.A. from New Mexico Highlands University (Professional Counseling); B.S. from University of Northern Colorado (Major: Human Rehabilitative Services, Minor: Sociology)

Background: I grew up in a small town in northeastern Colorado and moved to New Mexico 12 years ago. I have three children, ages 24, 21, and 17.

Trivia: My hobbies are running, hiking, reading, crocheting (or any kind of craft), tennis and golf. I played tennis in high school and recently started taking lessons. I'm also taking golf lessons to improve my game! (I may be a tad competitive.)

Favorite Quote: "Love is nothing in tennis, but in life it's everything." -Unknown Author



Mr. Joshua Stepney, Counselor for last names Jad - N

Contact Information: (505) 296-4871 ex.35010, Email: joshua.stepney@aps.edu

Education: M.Ed Concordia University (Educational Leadership); M.Ed Grand Canyon University (Special Education); M.Ed Frostburg State University (School Counseling); B.S. University of New Mexico (Major: Psychology, Minor: Sociology, Certificate in Family & Child Psychology)

Background: I am originally from Maryland and moved to New Mexico 5 years ago. I am the youngest of 8 children, with 15 nieces and nephews.

Trivia: My favorite hobbies include nature walks, dancing, and watching scary movies. I love to cook and play card games. I am a 90's baby: woaaaaa!

Favorite Quote: "Be so completely yourself, that everyone feels safe to be themselves too."
- Heidi Coker

Mr. Caleb Bia, Counselor for last names O - Roj

Contact Information: (505) 296-4871 ex.35047, Email: caleb.bia@aps.edu

Education: M.Ed from Whitworth University (School Counseling); B.A. from Whitworth University (Major: Psychology, Minor: Sociology)

Background: I am originally from Gallup, NM. I am a middle child with 4 younger siblings and 4 older siblings. I moved to ABQ last year after spending 7 years in Spokane, WA where I earned my degrees and served as an assistant soccer coach at Whitworth University.

Trivia: My hobbies include: soccer, board games, golfing, hiking, biking and badminton. I love sushi and Navajo tacos, especially when these foods have green chile in them.

Favorite Quote: "No one can be authentically human while they prevent others from being so." -Paulo Freire



Meet more of our team on the next page!

MEET OUR COUNSELORS!



Ms. Trisha Mertens, Counselor for last names Rok - Z

Contact Information: (505) 296-4871 x35009, Email: trisha.mertens@aps.edu

Education: M.A. from University of New Mexico (School Counseling & Mental Health Counseling); B.S. from University of New Mexico (Major: Sociology, Minor: Psychology)

Background: I grew up as a farm girl in central Washington State. I ran Cross Country in high school and showed horses through 4-H. I have three grown children and two grandchildren. I have lived in New Mexico for 20 years.

Trivia: My favorite time is spent with my family. I ride horses every week and golf as often as possible. I love to cook and play card games. I have two dogs and grew up with a love of all animals, except maybe snakes and spiders.

Favorite Quote: "Just because you couldn't do it yesterday, doesn't mean you can't do it today." -Unknown Author

Ms. Valerie Velhagen, College & Career Counselor (all grades)

Contact Information: (505) 296-4871 x35013, velhagen@aps.edu

Education: M.A. from Duquesne University (Psychology); B.A. from Brandeis University (Major: English & American Literature, Minor: German)

Background: I grew up in Brooklyn, NY, and have lived in Boston, Pittsburgh & Munich, Germany. I married a native New Mexican and have lived in ABQ for 26 years. We have one daughter (EHS Class of 2018!), a Senior in UNM's Combined BA/MD Program.

Trivia: This is my 12th year as Eldorado's College & Career Counselor! I love travel, foreign languages, reading, yoga, knitting, and doing New York Times crossword puzzles.

Favorite Quote: "Tell me, what is it you plan to do with your one wild & precious life?" -Mary Oliver



Mr. Tim Huggins, Crossroads Counselor (Substance Abuse Prevention & Intervention)

Contact Information: (505) 296-4871, x35176, timothy.huggins@aps.edu

Education: M.A. from Gonzaga University (Counseling Psychology/School Counseling); B.A. from Gonzaga University (Major: Speech Communications).

Background: I'm a native of Colorado. My wife, my two sons, and I moved here 3 years ago to be close to my wife's brothers. I was at Rio Grande HS the past 3 years, and am excited to have this opportunity to transfer to Eldorado. I have been a Licensed School Counselor since 1994, and have found that every year brings new and exciting opportunities to grow & meet new people.

Trivia: I am an avid cyclist, and I love being outside, especially in the mountains.

Favorite Quote: "There is terrible hunger for love. We all experience that in our lives-the pain, the loneliness. We must have the courage to recognize it. The poor you may have right in your own family. Find them. Love them." — Mother Teresa

Mr. James Beecher, Family Therapist (all grades)

Contact Information: james.beecher@aps.edu (please check in with your counselor first for a referral to Mr. Beecher)

Education: M.A. From University of New Mexico (Counselor Education); B.A. from Miami University (Majors: Psychology, Philosophy)

Background: I grew up in the Midwest, but have lived in ABQ for 26 years. I have a wife of 29 years and a son in college.

Trivia: I like to hike, bike, and do outdoor things like stand-up paddle boarding. Cooking and reading are some of my favorite pastimes. I like to spend time with my dog, Willow.

Favorite Quote: "The problem is the problem, the person is not the problem." -Michael While & David Epstein





CAREER ASSESSMENT

Sophomores will take the wonderfully informative and eye-opening [YouScience Career Assessment](#) with their awesome science teachers this fall. Ask your student to show you their personalized results; they can learn how to understand & use them [here](#). Juniors & Seniors took the assessment in science classes last year and can [log in](#) to view their results (or complete the assessment) and use them for academic, college & career planning. 9th graders will take YouScience next year! Any questions about YS or trouble with your access code? Contact Ms. Velhagen: velhagen@aps.edu.



PSAT REGISTRATION & TESTING: SOPHS & JUNIORS



Sophomores will take the PSAT (Preliminary SAT) at no cost on Wed., Oct. 13 during the school day. Details to come. Juniors may choose to register for the PSAT for \$20 (\$5 if on Free or Reduced Lunch*).

Deadlines: Sept. 8 for regular registration. Sept. 12 for Late Period (+ \$5 late fee). [Info & Juniors register here!](#)

Why might Juniors consider signing up for the PSAT? It's excellent practice for the SAT (and ACT), which all APS Juniors will take in April 2022 as their HS graduation exam, and which can be sent to colleges.

The PSAT also serves as the qualifying test for valuable [National Merit](#) and [National Recognition Programs](#) for Hispanic/Latinx, Native American and African American students who score extremely well.

*Juniors on Free or Reduced Lunch, contact [Mrs. Harmon](#) for the fee reduction procedure.

If you have questions about the PSAT, please [contact Mrs. Harmon](#). If you have questions about scholarship qualification via the PSAT and college entrance testing (SAT or ACT), please [contact Ms. Velhagen](#).



Senior Reminders handout!

JUST FOR SENIORS

Senior year is an exciting and transitional time, and we're here to support you! There's a [Counseling webpage just for Seniors](#), plus lots of info on scholarships, financial aid, college & career resources and much more on the [Counseling website](#). Seniors should be sure to join the **Class of 2022 Counseling Google Classroom** if they haven't already (check APS Gmail for the invitation, and check your Gmail account regularly!) & sign up for Remind texts.

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- Colleges love to meet with EHS students to showcase their programs, admissions requirements and scholarships. Colleges will be visiting this year, either on campus or virtually. Seniors may sign up for these visits on the [main page of the Counseling website](#).



Junior Reminders handout!

JUST FOR JUNIORS

Juniors, start to check out all of the helpful info and resources on scholarships, financial aid, college & career and much more on the [Counseling website](#). Juniors should be sure to join the **Class of 2023 Counseling Google Classroom** if they haven't already (check APS Gmail for the invitation, and check your Gmail account regularly!) & sign up for Remind texts.

- Sunday, Sept. 19: RMACAC New Mexico College Fair, 12-3 PM, Albuquerque Convention Center, no cost. All students & families welcome at NM's biggest college fair! Find [updates here](#).
- Tuesday, Sept. 21 in AM: college fair in EHS courtyard. Juniors will attend with their classes!
- Juniors may sign up for in-person & virtual college visits at EHS on the [main page of the Counseling website](#).
- Save the Date: College & Career Information Night for Juniors & Families: Feb. 3 @ 6 - 7:15 PM. More to come.