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# School Counseling News

MVHS  
♦  
Winter '24



## School Counseling Program

A comprehensive school counseling program includes efforts to address students' academic, career, and social/emotional needs in a comprehensive manner. Our team works diligently to implement our curriculum in the classroom, with small groups, and during individual student meetings. So far this year, counselors have delivered lessons in advisories, Health I classes, during Back to School Night, and during the Academic Programs Open House. We will continue providing lessons throughout the year. Coming up, we will continue academic and career planning with our 11th grade students, provide parent/student sessions during the upcoming Academic Conference night on November 14th, and continue offering individual meetings with our seniors for post-secondary planning.

In addition to the above, counselors have an overarching goal this year to address anxiety related specifically to social media/technology. Please be on the lookout and feel free to join any of our parent sessions on the Anxious Generation. More information about this on the next page.

[Manchester Valley High School - Counseling Page](#)

*Counseling Team xo*

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## The Anxious Generation

It is no surprise to most that anxiety amongst Gen Z students has been on the rise. What might surprise you is that this increase was not, as most people assume, directly related to the impacts of COVID - 19. In his book, *The Anxious Generation*, Jonathan Haidt does an excellent job providing data to show that the rates of anxiety in the Gen Z population actually took a sharp incline between the years of 2010-2015. Not so coincidentally, this was also when “the smartphone and selfie-based social media ecosystem that we know today emerged” (Haidt, p. 35). Haidt’s dichotomy of play-based childhood vs. phone-based childhood is well researched, enlightening, and challenging as a parent and school counselor.

School counselors have teamed up with administration this year to provide parent sessions, lessons/infographics for students, and professional development for our staff based on anxiety and social media use. We offered the first parent presentation during Back to School Night. If you missed that meeting, you can review the presentation here: [Session One - The Anxious Generation](#).

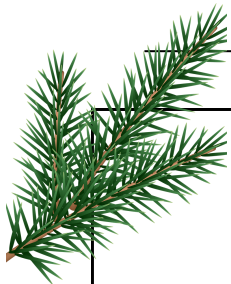
\*\*We would love to see you all at our next parent presentation on November 14th at 5:15 p.m. \*\*



## Quick Facts



- Adolescents who spend more than 3 hours a day on social media face 2x the risk of anxiety and depression symptoms. The average daily use in this age group, as of the summer of 2023, was 4.8 hours -U.S. Surgeon General
  - 96% of U.S. teens say they use the internet every day, and 46% say they are online almost constantly. - Pew Research Center
  - Using a phone releases dopamine, which is the same chemical released when using drugs. - Addictions.com
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## Workforce Spotlight

If you're a student planning to enter the workforce after graduation but not sure exactly what you want to do, check out these awesome resources to help you with career exploration!

- [Carroll County Workforce Development](#) - get help with job exploration, preparation, and training opportunities!
- [Maryland Apprenticeship Locator](#) - earn while you learn!
- [O\\*Net Interest Profiler](#) - Explore your interests and how they relate to different career fields
- [Carroll Community College Career Training Programs](#)

Carroll Community College will also be opening an extension campus at Coppermine Pantherplex next Fall! They will be offering courses on Automotive Technology, Hybrid/Electric Vehicle Technology, Electronic Assembly, Entrepreneurship, and Welding.



## College Application Reminders

Application season is still in full swing. While some Early Action deadlines have passed, there is still ample time to get those application in! Here are some reminders as you either begin or continue working on your applications:

- If you're using Common App, please match that account with your Naviance account and be sure to complete the FERPA waiver.
- Request letters of recommendations from your teachers via Naviance. We ask that teachers are given 2-3 weeks advanced notice to complete these requests.
- Request transcripts via Naviance as needed for applications and/or scholarships.
- Submit applications before your chosen deadlines (you do not need to wait for teacher or counselor documentation to finalize your applications).
- Complete the [Self-Reported Student Academic Record](#) as needed.
- Check application portals to ensure all parts of your application have been received.

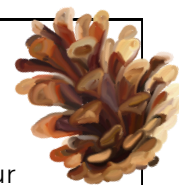
Check out the [College Documentation Lesson](#) for reminders on how to complete these tasks and more. (This presentation will open in PowerPoint. The first slide is a recorded presentation.)





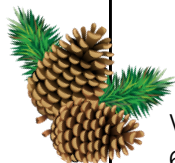
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## Financial Aid Information



We are about one month away from the opening of the 25-26 FAFSA. To ensure that our seniors and their families are prepared to apply for financial aid, we are offering a Federal Student Aid ID (FSA ID) Creation Workshop on November 14th at 4:30 and again at 5:30 in the Media Center. During this workshop, students and parents will create their FSA ID which is required to access the FAFSA form. Please ensure that you have the following information with you for this workshop:

- Full Name (as it appears on your Social Security card)
- Date of Birth
- Personal email address
- Social Security Number (if applicable)



We will also be hosting a FAFSA Information Session that same evening, November 14th at 6:00 p.m. in the Auditorium at MVH. A representative from Stevenson University will guide families through the steps and answer questions to help you prepare for FAFSA submission.

Finally, be sure to check out our latest [Scholarship Newsletters and Live Scholarship Database](#) on our website.



## Naviance Spotlight

Did you know that Naviance is for students on all different post-secondary paths? This tool is not just for students planning to go to college as some may think. In fact, students can select which pathway they intend to take - Military, College, Apprenticeship, Employment, etc. to tailor their Naviance experience accordingly.

Throughout the year, students are asked to complete tasks in Naviance through lessons in advisory. For example, this past week, 9th grade students were assigned the Career Cluster Finder which allows them to explore Careers that match their interests and personality. Students in other grades were asked to explore Road Trip Nation, which includes videos from leaders in nearly every industry out there, from Food to Medicine, to Business, to Politics, etc.

The self-discovery tools available in Naviance are akin to those that the career counseling industry utilizes to help folks discover a career that matches their talents, abilities, and passions. We highly encourage students to take advantage of these tools while they can still do so for free!



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## Upcoming Events

November 14	Academic Conference Night 4:30 and 5:30 p.m. - FSA ID Workshops (Media Center) 5:15 p.m. - Anxious Gen Parent Session Two (Auditorium) 6:00 p.m. - FAFSA Information Session (Auditorium) 6:00 p.m. - Dual Enrollment Information Session (Cafeteria)
December 1	Deadline for Career & Tech applications (Class of 2027)
December 4	11th grade (rising seniors) Course Selection Lesson
January 16	8th grade (rising freshman) Course Selection Lesson @ Shiloh
January 17	8th grade (rising freshman) Course Selection Lesson @ NCM
February 3 - 7	National School Counselor Week
February 5	9th grade (rising sophomore) Course Selection Lesson

### ASVAB Dates:

11/8	Registration Ends
11/15	Test Administration
12/17	Score Interpretation Session

### Dual Enrollment Dates:

11/12	Registration opens for current students
11/19	Registration opens for new students
12/11	CCC at MVHS to help with on-site registrations
12/18	CCC at MVHS to help with on-site registrations



## MVHS School Counseling Office Staff

### **Chelsea Green**

chelseagreen@carrollk12.org  
Last Names A - Co

### **Shelly Brezicki**

skbrezi@carrollk12.org  
Career Connections Coordinator

### **Brianna Ray**

briannaray@carrollk12.org  
Last Names Cp - Hf

### **Amy Cain**

amycain@carrollk12.org  
Facilitator of Student Support

### **Carie Reese**

cariereese@carrollk12.org  
Last Names Hg - Ma; ESOL

### **Rhonda Lyman**

rhondalyman@carrollk12.org  
Registrar

### **Miranda Ferrante**

mirandaferrante@carrollk12.org  
Last Names Mb-R; LFI

TBD

Part Time Clerk

### **Lea Nappier**

leanappier@carrollk12.org  
Last Names S - Z

### **Counseling Office Phone No.:**

410-386-1674

*Thank you for reading!*

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