BURBANK HIGH SCHOOL

SENIOR PACKET

CLASS OF 2025 Countdown to Graduation Dates to remember

Burbank High School 2025 End of the year Senior Activities

Activity	Date	Time & Location
		ASB Room
Grad Nite Packet Distribution	January 21st	During Nutrition & Lunch
		Student Store
Grad Nite Ticket Sales	January 27th – February 5th	During Nutrition & Lunch
		BHS Webstore
AP Econ Exams on sale	February 3rd – 28th	Or
		Student Store
Graduation Speaker		Writing prompts will be posted in
Writing prompts	Monday, March 24th	the Senior Google Classroom.
Released		
Graduation Speaker		Speech should be a maximum of 3
Audition Sign-up Deadline	Friday, April 4th	minutes long. Contact the Athletic & Activities office with questions.
Graduation Speaker		Admin Building
Auditions	Friday, April 11th	Conference Rm #2
		(Enter the Student Center)
Service Learning Hours Submission Deadline	Friday, April 18th	100 hours are required to be an eli- gible recipient of the Service Learn- ing Silver Cord. Please see Mrs. Marando in the College & Career Center for more info.
	January 14th, 17th,	At BHS
FAFSA workshops	23rd & 27th	In the Library/Computer Lab
	February 3rd	12:45 pm – 3:30 pm

Prom Ticket Sales		BHS Webstore
Contracts must be turned in at	Monday, March 24th -	Or
the time of sale	April 18th	Student store
		The Belasco
Senior Prom	Saturday, April 26th	1050 S. Hill St.
		Los Angeles, CA 90015
Last Chance to Pre-Oder		Main Quad
Cap & Gown	Friday, January 24th	During Lunch
On Campus		(in front of the Nurses office)
Cap & Gown pre-sale		Nutrition & Lunch
Distributions	Monday, April 7th	Athletics & Activities office
Last Names A-C		RM 1106
Cap & Gown pre-sale		Nutrition & Lunch
Distributions	Tuesday, April 8th	Athletics & Activities office
Last Names D-K		RM 1106
Cap & Gown pre-sale		Nutrition & Lunch
Distributions	Wednesday, April 9th	Athletics & Activities office
Last Names L-R		RM 1106
Cap & Gown pre-sale		Nutrition & Lunch
Distributions	Thursday, April 10th	Athletics & Activities office
Last Names S-Z		RM 1106
<u>Cap & Gown Purchase</u>		
Last chance to purchase one if	Thursday & Friday	Student Store
you have not done so already.	April 10th & 11th	DURING LUNCH ONLY
Will be available until Gradua- tion but sizes are limited.		
		TAT 1 .1 TAT 1 .
Senior Yearbook Ads on Sale	January 13th-March 14th	Walsworth Website
Yearbook sales	All year long	BHS webstore
Yearbook Pre-Order	May 14th – May 16th	The Quad outside of the
Distribution		Student Store

Faculty Excellence Awards	Friday, May 2nd	In the library during lunch
Senior Sunset	Friday, May 16th	BHS Field
		7pm-9pm
		Book Room
Senior Textbook	May 12th–May 21st	Before school 7:30am-8:30am
Collection		During Nutrition & Lunch
		After School 3:30pm-4pm
		Book Room
Senior Chromebook & charger		Before school 7:30am-8:30am
Collection	May 12th – May 21st	During Nutrition & Lunch
	5	After School 3:30pm-4pm
Senior Parent night		Via Zoom
Meeting	Thursday, May 15th	At 6pm
		Zoom link TBA
Grad Nite at		Buses begin boarding at 5:30 pm
California Adventure	Friday, May 9th	From BHS in front of the gym
		Buses return at 4am
Senior Awards Night	Monday, May 19th	6pm in the Main Quad
		(With invitation only)
Graduation cap design		Submit design to:
Deadline	Monday, May 19th	Ms. Vivian Morales
		Athletics & Activities office (RM 1106)
PTSA Senior Brunch	Wednesday, May 21st	BHS Cafeteria
		After finals (1:05 pm)
Graduation ticket distribution	Wednesday, May 21st	BHS Quad
		2pm-3pm
		At John Burroughs High School
Graduation Practice	Thursday, May 22nd	(Memorial Field)
		11:30am
		At John Burroughs High School
Graduation	Thursday, May 22nd	(Memorial Field)
		Gates open at 4pm
		Graduates must arrive by 4pm
		Ceremony begins at 6pm

SAVE THE DATE

SENIOR PROM

APRIL 26TH @ 7PM

Location: The Belasco 1050 South Hill St. Los Angeles, CA 90015

Burbank High School - Prom 2025

NO REFUNDS ON TICKETS

The Prom is a school function; therefore, school rules and regulations are to be followed and will be enforced for the duration of the event. School Administration require that all Prom attendees and a parent/guardian read and sign this contract. Tickets will not be sold to students unless a contract is signed and turned in when purchasing tickets.

BHS Seniors, ILA Seniors, and MHS Seniors (if BHS is their Home School) are eligible to purchase tickets.

BHS Administration reserves the right, at their discretion, to not admit or to dismiss attendees for violating school rules. We will notify parents, police, and suspend students for use or possession of alcohol, drugs, weapons, and firearms before or during Prom. If a student or guest smells like marijuana or alcohol, their parents will be notified. If a student brings a guest from outside of the school, parents of the BHS student will be called should a problem arise.

ALL ATTENDEES MUST BRING A VALID ID TO THE DANCE.

ALL ATTENDEES MUST ENTER BY 10:00 p.m. and may leave after Coronation. All students and guests must leave the Prom no later than 12:00 a.m. ONCE YOU LEAVE, YOU WILL NOT BE ALLOWED TO RETURN.

Bag checks are permitted by the facility and will be done by security. Items to be confiscated include, but are not limited to, the following: alcohol, flasks, all tobacco products, vape paraphernalia, any illegal substances, eye drops and/or medication (unless given to a school official), gum, lighters/matches, markers, mints, pens, pencils, perfume, sharp objects, water bottles, wallet chains, or weapons.

<u>BHS PROM.</u> Guests must be under the age of 21 on the day of Prom.

Instructions for purchasing tickets online:

1. Go to <u>https://bhsbulldogs.myschoolcentral.com/</u>between March 24th - April 18th 2025. If you do not have an account with the Webstore, please set up an account.

2. Purchase Tickets. (If you are having difficulties purchasing online tickets, please contact Ms. Schillaci (<u>hollyschillaci@burbankusd.org</u>).

3. After you purchase your tickets online:

a. You must bring <u>YOUR</u> contract <u>WITH RECEIPT ATTACHED</u> to the Student Store no later than May 3. <u>NO EXCEPTIONS!</u>

b. You must also turn in your completed <u>GUEST CONTRACT</u> filled out by your guest and their parent/guardian, as well as their school's administrator

(College students do not need an Administrator's signature) by May 3. <u>NO</u> <u>EXCEPTIONS! IF THIS CONTRACT ISN'T TURNED IN, YOUR GUEST WILL</u> <u>NOT BE</u> <u>ALLOWED TO ATTEND THE BHS PROM.</u> Guests must be under the age of 21 on the day of Prom.

Instructions for purchasing tickets in the Student Store:

Purchase tickets **BEFORE SCHOOL 8:00-8:30 AM, DURING NUTRITION, or LUNCH and (3/24-4/18 ONLY) AFTER SCHOOL until 3:30.** Please bring with you:

- a. Your school ID.
- b. Prom Dance Contract, filled out **COMPLETELY** by you and your parents/guardians.
- c. If your guest is a high school student but does not attend BHS, **HE/SHE MUST** HAVE A SIGNATURE OF APPROVAL FROM THEIR PRINCIPAL ALONG WITH THE PRINCIPAL'S BUSINESS CARD ATTACHED TO THE GUEST CONTRACT. <u>YOU</u> <u>MUST</u> TURN THIS IN TO PURCHASE A TICKET FOR THEM TO ATTEND PROM.

White's Photography will be taking portraits at the Prom. These photos will be delivered to school at a later time, you will be notified when they are ready for pickup.



Burbank High School 902 N. 3rd St. Burbank, CA 91502

Senior Prom Agreement BHS Student April 26th, 2025

BHS Student:

"I promise that I will arrive, and remain, at the Senior Prom Dance drug and alcohol free. I understand that if my guest, or I, are suspected to be under the influence of drugs or alcohol by the school administration, my parent/guardian will be called to take us home. I understand that any BHS student or guest found to possess drugs, alcohol, or weapons will not be admitted to the Senior Prom Dance and disciplinary action will be taken in accordance with the District Handbook.

Parent/Guardian:

"As a parent/guardian, I understand all rules and school policies. I will be responsible for my student and their guest."

BHS Student:			
Guest's Name: (If none, write "N/A")			
5-Digit Student Number:			
Student's Signature:			
Student's Cell Phone:			
Parent/Guardian Signature:			
Parent/Guardian Contact Phone Number During Event:			



Burbank High School 902 N. 3rd St. Burbank, CA 91502

BHS Senior Prom Guest Agreement April 26th, 2025

Guest:

"I promise that as a guest of a BHS student, I will arrive at the dance and remain at the dance drug and alcohol free. I understand that if my host of I are suspected to be under the influence of drugs or alcohol by the school administration, my parents will be called to take us home. I understand that any student or guest found to possess drugs or alcohol will not be admitted to the dance and disciplinary action will be taken in accordance with the

District Handbook.

Guest's Name:		
Name of Burbank High Student/Host:		
Administrator's Signature:		
Guest's Signature:		
Guest's Cell Phone:		
Parent/Guardian Signature (If under 18):		
Parent/Guardian Contact Phone Number During Event:		

IF GUEST IS A HIGH SCHOOL STUDENT BUT DOESN'T ATTEND BHS, PLEASE ATTACH

ADMINISTRATOR'S

BUSINESS CARD HERE

ATTACH <u>GUEST'S</u> SCHOOL OR GOVERNMENT ISSUED PHOTO ID CARD HERE



"Frequently Asked Questions" GRAD NITE 2025

What and When Is It?

Grad Nite is a celebration of graduation at Disney California Adventure. 9:00 pm Friday, May 9, 2025 through 2:00 am Saturday, May 10, 2025.

What is the schedule?

4:45	\mathbf{pm}		÷	Arrive at the "Gym," and assemble in gym by bus.
5:30	\mathbf{pm}			Begin boarding buses by the number of each bus group.
8:00	\mathbf{pm}	to 2:00 am	-	Enjoy Disney California Adventure.
2:00	am	to 2:30 am	-	Board buses to return to BHS at around 3:30 a.m.

Will a "security screening" occur before I board my bus?

Yes. You are to surrender any prohibited items before you board your bus. Please review the Disney policies handout for prohibited items.

What does a ticket cost and when do I buy it?

The cost is \$150.00 which purchases an admission ticket and bus transportation. Ticket sales begin on Monday, January 27, 2025, and end on Wednesday, February 5, 2025. Tickets will be sold before school, at nutrition, and during lunch.

What forms do I need to complete?

The "Conduct Agreement" and the "Permission Slip" forms.

SPECIAL NOTE

If you do **NOT** have medical insurance, stop by the ASB room (1138) or room 1301, and Mr. Mercado will give you the **NON-INSURANCE** "Permission Slip" form.

How do I purchase a ticket?

Present your "Conduct Agreement" and your "Permission Slip" with \$150.00 payment to Mrs. Schillaci at the Student Store. Payment may be made in cash, Apple Pay, credit card, or debit card.

Are tickets NON-REFUNDABLE?

Grad Nite tickets become **NON-REFUNDABLE** at the end of business on Friday, February 7. They become **NON-REFUNDABLE** because Disney treats all Grad Nite ticket sales as final.

Is the Grad Nite ticket only good on the May 9, 2025?

Yes. Disney designates Grad Nite a "special hard ticket event." This means that the Grad Nite ticket is only valid on the day of the event.

See the Back for More "FAQ's"

What about Annual Passports? Can I use it for Grad Nite?

No. Annual Passports, complimentary tickets, or any other Disney offers **CANNOT** be used for Grad Nite.

What if I miss purchasing a ticket? Will there be a waiting list?

Yes. To be placed on the waiting list, your completed permission slip and conduct agreement form must be submitted to Mr. Mercado (the ASB room [1138] or room 1301).Once a slot opens, you will be asked to make payment. The order in which the forms are received will determine the order of the waiting list. Anyone from the waiting list purchasing a ticket after Grad Nite bus selection will be assigned to a bus.

When do I sign-up for a Grad Nite bus?

Sign-ups for a Grad Nite bus take place in mid-April. The details will be announced on April 1, 2025.

Can I sign up my friends?

No. Everyone must individually sign up for a bus.

Must I ride the bus to and from Grad Nite?

Yes. You must return on the bus in which you arrived. This will insure that we are able to account for each and every student and that each bus does not exceed its capacity.

Can I drive myself to Grad Nite?

No. Disney and BHS require that each student rides his/her assigned bus to and from Grad Nite.

What if I have questions?

First, check the BHS Grad Nite 2025 web page. Go to the BHS web page, click on "Activities" from the menu across the top of the page. From the drop down menu select "Grad Nite 2025." Or second, contact Mr. Mercado in room 1301 or the ASB room (1138), or Ms. Morales in the Athletics and Activities office.





Disneyland® Resort Policies and Expectations

Grad Nite at the *Disneyland*[®] Resort has been a rite of passage for millions of graduating high school seniors. Disney's goal is to create an environment that is enjoyable for everyone.

Security Screening. All students and chaperones should expect bag checks and magnetometer screenings at the Resort's backstage screening area. In conjunction with the Anaheim Police Department, we will also be conducting screenings for banned substances.

Screenings will include bag searches and the use of drug-sniffing canines. If bag searches and/or the drug-sniffing canines indicate the presence of marijuana (or any of its derivatives including marijuana enriched products and medical marijuana) or any illegal narcotics/substance, we will ask the subject student for permission to conduct additional screening.

Attending Grad Nite is a privilege, not a right. If any banned substances are found in your possession, the matter will be turned over to the Anaheim Police Department for further action. A violation of this policy may ban a school from future Grad Nite events.

You are responsible for your own ticket throughout the duration of the visit. Tickets are not transferable and will not be replaced if expired, lost, damaged or stolen. You will receive an event wristband following successful completion of the security screening. All students must arrive together with their school in buses.

Proper Attire, including shoes and shirts, must be worn at all times. Clothing that drags on the ground is prohibited. Clothing with multiple layers is subject to search.

Disney reserves the right to deny admission to or remove any person wearing attire that it considers inappropriate or attire that could detract from the experience of other Guests, such as clothing containing drug/violence/weapon references or pictures and potential gang-related clothing.

Excessive Celebratory Behaviors that can be interpreted by other guests as intimidating and/or disruptive are prohibited:

- Groups walking and/or running in locked arms (this can appear threatening to other guests and is also a safety concern in impacted areas).
- Group chanting of any kind including yelling at high volumes in attraction queues.

If you should witness inappropriate student behavior, we ask that you notify a Disney Cast Member immediately. If a student is ejected from the Resort or Grad Nite, it is the responsibility of the school official(s) to dismiss the student from the Resort premises.

Prohibited Behaviors, Activities, and Items

Behaviors and Activities NOT Tolerated:

- Inappropriate touching or physical aggression of any kind.
- Failure to comply with a request of a Disney Cast Member (Disney Cast Members are trained to direct Resort guests for optimal safety and help guests comply with the Resort's standards of conduct).
- Inappropriate language (including profanity) and disruptive or offensive behavior.
- Disrespectful demeanor toward other theme park guests, Disney Cast Members or other law enforcement officials.
- For your safety and that of others, please refrain from running.
- Theft or vandalism.
- Line jumping/cutting in attraction queues.
- Failure to comply with attraction safety rules.
- The distribution of printed or recorded materials of any kind.
- Photography, videotaping or recording of any kind for commercial purposes.
- Feeding, petting, touching, harassing, or harming any wildlife in the theme park, including birds.

Prohibited Items for all Attendees:

- Alcoholic beverages and any illegal narcotics/substances.
- Marijuana (or any of its derivatives including marijuana enriched products), even if it has been legally prescribed to the student or chaperone.
- Self-defense or restraining devices (e.g., pepper spray, mace).
- Glass containers of any kind, glass perfume/cologne bottles of any size.
- All outside food and liquids that are not factory sealed water.
- Firearms, ammunition or weapons of any kind, or objects or toys that appear to be firearms or weapons.
- Fireworks or other similarly explosive and/or flammable objects.
- Laser pointers or other items deemed potentially harmful or disruptive including Bluetooth speakers.
- Smoking, vaping and electronic cigarettes, electronic cigarettes (e-cigarettes), vaping products and any other tobacco products
- Selfie sticks and hand-held extension poles for cameras and mobile devices.
- Suitcases, bags, coolers or backpacks, with or without wheels, that are larger than 24" long x 15" wide x 18" high.
- Musical instruments.
- Large tripods or monopod stands and professional photography equipment and lighting.
- Recreational devices such as drones, remote control toys, skateboards, scooters, inline skates, and shoes with built-in wheels.

Prescription and Over-the-Counter Medication

We ask that all prescription and over-the-counter medication for students be in original pharmacy container or original labeled container and carried in by a chaperone from the school through the Resort security screening area. Medication may be given back to the student after clearing the security screening process. Any medication needing refrigeration may be stored at *Disney California Adventure®* Park First Aid. TO: Members of the Senior Class and their Parents/Guardians

FROM: Narineh Barzegar, Principal

As Graduation for the Class of 2025 quickly approaches, here are a few reminders regarding the steps that ALL eligible senior students must follow in order to participate in the graduation ceremony.

PARTICIPATION REQUIREMENTS – In order to participate in Commencement a Senior must have:

- 1. Successful completion of academic requirements:
 - Satisfactory grades and completion of 230 credits of study.
 - No more than two (2) failing semester grades during the senior year.
 - Completion of FAFSA/CADAA or Opt-Out Form.
- 2. Satisfactory attendance:
 - No more than FIFTEEN (15) absences (either excused or unexcused) per period, per class, per semester of the senior year.
- 3. Satisfactory citizenship:
 - No more than one (1) suspension for any reason during the senior year.
 - No more than a total of two (2) "unsatisfactory" (U) marks in citizenship on the report card from two different teachers during each semester in the senior year.

In addition to the above, students must:

4. Participate in BOTH rehearsals prior to Commencement in order to graduate on stage3.

5. Be in their 8th semester of high school unless there are extenuating circumstances which prevents students from completing high school within the traditional four-year structure.

- 6. Have the Graduation Participation agreement signed and on file in the school office.
 - Senior's legal name will appear on the Diploma per the school's records on file.

GRADUATION: REHEARSAL & COMMENCEMENT CEREMONY INFORMATION

REHEARSAL: THURSDAY, MAY 22nd - 11:30 a.m. - 12:30 p.m. AT MEMORIAL FIELD (JBHS).

Practice is a <u>MANDATORY</u> activity for participation in the Commencement Ceremony. NO EXCEPTIONS. YOU WILL RECEIVE YOUR GRADUATION TICKETS AT THE END OF REHEARSAL.

Thursday, May 22nd– GRADUATION DAY

Seniors must arrive no later than 4:30 PM and enter through the alley gate off of Parrish St.

- Stop at the check-in table to receive your pre-filled out Grad Image card.
- Proceed to the baseball field.
- Line up according to your designated seat on the seating chart.

Seniors: Do not bring cameras, purses, jackets, or any other unwelcome items. You will not be able to take them to the field.

STILETTO HEELS WILL NOT BE ALLOWED ON MEMORIAL FIELD AS IT MAY RUIN THE TURF ON THE FIELD AND/OR CAUSE BODILY INJURY. (Parents and Graduates)

All Graduates will be checked BEFORE the ceremony. All gowns must be fully zipped to process into the ceremony.

Graduation Ceremony: 6:00 PM

- All gates open at 4 PM
 - "Visitor" side gate, entrance on Parrish St.
 - "Home" side gate, entrance on Parrish St./Verdugo St.
- Seating will be on both sides of the field.
- <u>Make sure you have acquired your six (6) free paper tickets at the Graduation</u> rehearsal and are able to present them at the gate for entry. There will be <u>NO ENTRY WITHOUT A TICKET PRESENT.</u>
- Gates will close at 5:50 PM for the Processional.
- Gates will reopen after the Processional, around 6:20 PM.

NO BALLOONS OR NOISE MAKERS ALLOWED IN THE STADIUM. NO OVERSIZED PURSES/BAGS.

GUESTS MAY BE SUBJECT TO BAG CHECKS AT THE DISCRETION OF THE ADMINISTRATION.

The following guidelines need to be followed if you choose to decorate your cap for graduation. All rules and regulations must be adhered to in order to maintain the integrity and decorum of Burbank High School's graduation ceremony.

aduation

1. Caps may be related to future education (community college, universities, technical schools, trade schools, etc.), vocational skills, and/or military service. This pertains to the name, abbreviation, logo and mascot of the institution.

2. Caps may also include reference to Burbank High School logos, mascots, sports, clubs and other school activities.

3. Caps must be two-dimensional; decoration may not exceed one quarter of an inch.

- 4. Decorations may not exceed the boundaries of the four corners of the cap.
- 5. No flags, nationalistic symbols, or political statements.
- 6. No profanity or symbolic language/images.

7. No references to drugs, alcohol, tobacco, pornography, gang activity, weapons, etc.

8. Photographs of the individual student, friends, and family are permitted as long as each pictured individual respects Burbank High School dress code and above guidelines.

Cap Design must be submitted for approval to Ms. Vivian Morales (Athletic & Activities office RM 1106) no later than May 19th.



Pick up

1pm-3pm

<u>BHS Graduates</u>

<u>Only</u>

Diplomas will only be released to the graduate or their parents.
All indebts acquired during high school years must be paid before your diploma will be released.

• You must bring your photo ID with you.

June 3rd-5th

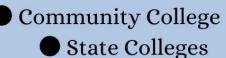
• Diplomas are LEGAL DOCUMENTS and they may not be COPIED OR REPRODUCED.

*ILA & MHS graduates must contact their respective school about diploma pickup.

Diploma Make-up Schedule: ONLY Wednesdays(during summer)

1:00-3:00 p.m.

Final Transcripts



Private colleges

• Universities

CSUs & UCs

When you have made your final decision on the college you plan on attending, you must request your final transcript to be set to your college.

Transcripts are not automatically sent to the school. You MUST ORDER THEM TO BE ELECTRONICALLY SENT!

Go to the BHS website to request your final transcripts beginning June 4. (You may also pre-order with "Hold for Grades" on www.Parchment.com. Fees may apply. Students must be clear of all school in-debts. Per Ed Code 48904 (b)(1) "allows school to withhold students' grades, diplomas and transcripts."

TRANSCRIPTS ORDERED BEFORE May 22nd MAY NOT INCLUDE FINAL 2025 SECOND SEMESTER GRADES OR THE GRADUATION DATE

Please contact the Registrar, Ms. Dawoodian with any questions. (818)729-5100 Ext. 51930

Senior yearbook ads

Senior Yearbook ads are found in the back of the yearbook. They are a paid tribute to graduating seniors from their parents or family members and are a popular way to celebrate your hard work, accomplishments, and high school graduation.

Deadline to purchase a yearbook tribute is March 14th, and everything is done through the Walsworth Publishing website.

And don't forget to buy your yearbook on the BHS web store - prices are \$100 with an ASB card and \$110 without an ASB card.

YEARBOOK SENIOR ADS

Congratulate your senior with a Senior Ad in the 2025 Yearbook!

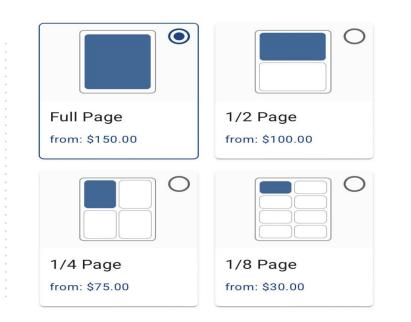
What to do:

- 1. Go to www.yearbookforever.com
- 2. Type "Burbank High School" in the search box.
- 3. Select Yearbook, then Senior Ads
- 4. Create an account with your email address
- 5. Choose the size for your Senior Ad (1/8 page, 1/4 page, 1/2 page or full page)
- 6. Find a template that catches your eye and create your Senior Ad using your own photos and fonts of your choice
- 7. Submit your Senior Ad and pay right on the Walsworth website.

NOTE: Senior Ads will ONLY be accepted when submitted to the Walsworth website .

No Senior Ads will be accepted in person or via email.

DEADLINE: ALL SENIOR ADS MUST BE SUBMITTED TO THE WALSWORTH WEBSITE BY FRIDAY,MARCH 14TH, 2025



SIZES and COST OF ADS:

Any questions? Email Amy Winn, Yearbook advisor: amywinn@burbankusd.org

2025 FAFSA Workshop



LAVC REPS WILL BE ON CAMPUS TO HELP AND ANSWER QUESTIONS

WORKSHOP DAYS

TUESDAY JANUARY 14TH FRIDAY JANUARY 17TH THURSDAY JANUARY 23RD MONDAY JANUARY 27TH MONDAY FEBRUARY 3RD

12:45 PM - 3:30PM

IN THE LIBRARY/COMPUTER LAB

Questions please Contact Shannon Marando **shannonmarando@burbankusd.org**

Make an appointment to see your counselor