

# School Counseling



Daniel Hand High School

# Daniel Hand School Counseling Team

Jen Hawley: Counseling Coordinator

Deb Rossi: School Counselor

Kyle Heins: School Counselor

Cynthia Skarsten: School Counselor

Jourdan Milardo: School Counselor

Chrissy Coyle: College & Career Counselor



# Overview



- What the School Counseling Department does
- How we support students and families
- School Counseling Communications

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# Scheduling

## Polson Students

- Presentations in school by counselors to guide course selection.
- Panel of current DHHS students for Q&A

## Out of district students

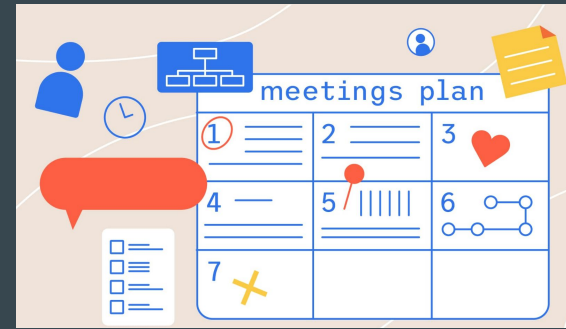
- Open house for OLM & Country School
- Presentation at Country School



# Grade 11/12

## Juniors:

- Cooperate with Advisory Lessons
- Individual Student meetings to choose courses and discuss goals.
- Individual Family meetings to discuss Post High School Planning
- Provide individual on going support for academics and wellness.

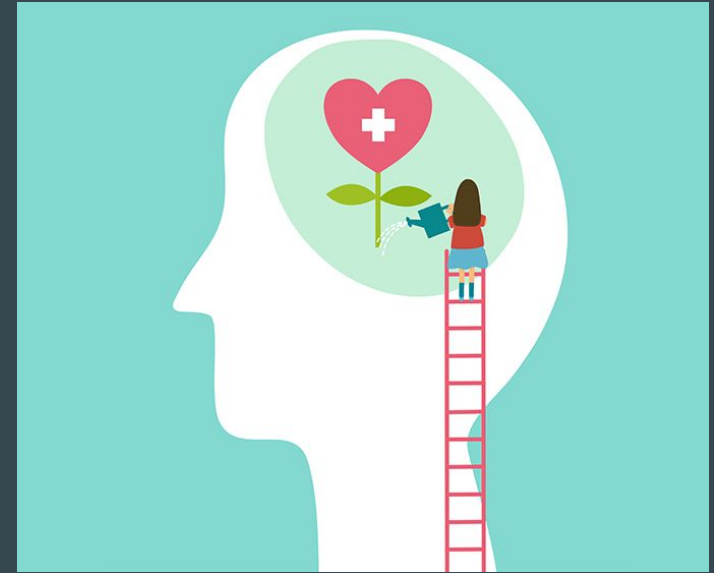


## Seniors:

- Fall-Senior individual meetings to finalize post high school planning.
- Provide continuous support for applications for colleges, universities and employment throughout the year.
- Individual Exit meetings in the Spring to track plans and graduation.
- Provide individual on going support for academics and wellness.

# Grade 9/10

- Introduction at Orientation in the Fall.
- Cooperate with Advisory Lessons for Mental Health. Meet in small groups to connect with students.
- Individual Student meetings to choose courses and discuss goals.
- Provide individual on going support for academics and wellness.



# Junior Meetings

Junior meetings:

- Next steps after high school
- Transcript(s)
- Distribution of classes
- Letters of Recommendation
- College Essay
- School search using SchoolLinks

Post-secondary process (College, Work, Military, Ect)

- Visits from College Counselors, and recruiting officers begin in the fall and run through trimester one

School counseling newsletter & School profile:

<https://resources.finalsite.net/images/v1738858210/madison/sfaouywnptryyx0012wv/SchoolCounselingNewsletter.pdf>

[https://resources.finalsite.net/images/v1728324929/madison/owjvghossaq6rme9y24s/DHHS\\_SchoolProfile.pdf](https://resources.finalsite.net/images/v1728324929/madison/owjvghossaq6rme9y24s/DHHS_SchoolProfile.pdf)



# Common Application Workshops

- 2 dates and 2 sessions held over the summer
- 9:00 A.M. and 12:00 P.M. (2 hours each)
- Free of Charge
- Each session is capped at the first 20 students to register.

We create a profile, fill out all of the common application, add colleges, and go over the college essay.





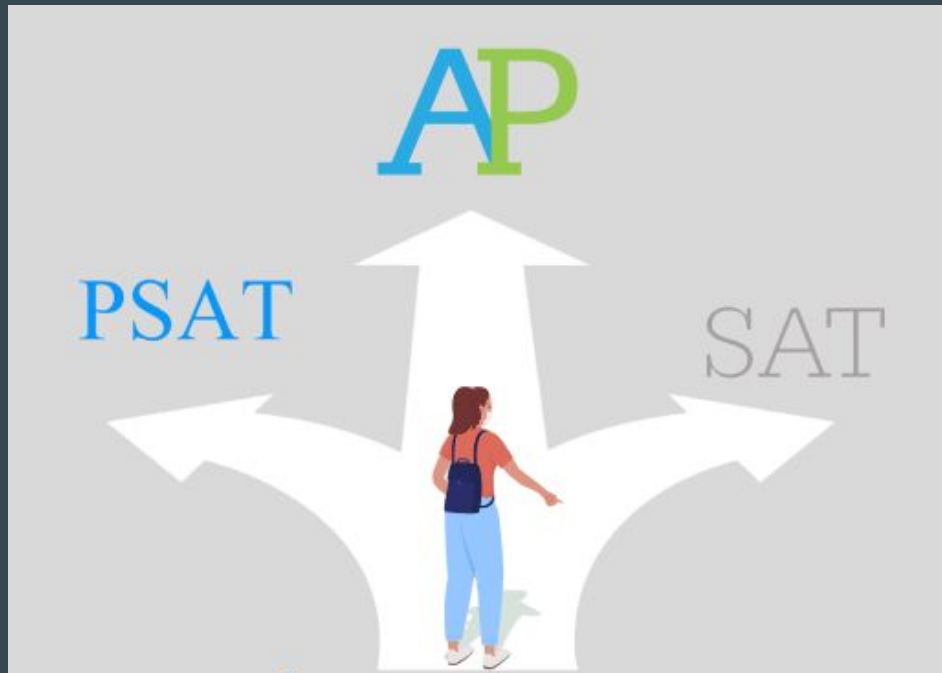
# Communication

- Emails/Phone Calls
- PTO Meetings
- E-Notify
- Google Classroom
- School Website



# Testing at DHHS

- AP Exams
- SAT
- PSAT



# Student Support

- Emergency Support for Students
- Response to Securly and Student Concerns
- DCF Protocol Compliance and Student Safety
- BIMAS Rating Scale and Mental Health Support
- Student Support Team (SST)
- Attendance Committee



# SchoolLinks & College Exploration

- Comprehensive College Search Tool
- Personalized College Recommendations
- Streamlined College Application Process
- Application Checklist and Deadlines
- Test Score Tracking
- College Fit Assessment
- Virtual College Tours and Events
- Collaborative Tools for Families and Counselors
- Career and Major Exploration



# College & Career Exploration - Classroom Lessons

School Counseling Curriculum includes sessions for underclassmen with College & Career Counselor

- Support students with their exploration of college and career options
- Assist students in development of post-secondary goals
- Emphasis this year on connecting students to **SchoolLinks**



## ❖ Grade 9

- Career Cluster discussion
- SchoolLinks “Would you Rather” assessment to identify career clusters matching personality
- Explore career profiles of interest on SchoolLinks

## ❖ Grade 10

- PSAT review
- SchoolLinks Resume Builder
- Explore careers on SchoolLinks

## ❖ Grade 11

- Junior year calendar/timeline
- College knowledge/lingo trivia game
- College Search and/or Career Search on SchoolLinks

# Field Trips and Guest Speakers

## Field Trips

- Arburg
- Neck River Elementary School
- STEM Symposium
- Porter & Chester
- Electric Boat - application day
- Shoreline Medical Center
- Women in Engineering
- Manufacturing Careers Roadshow
- Sikorsky

## Speakers

- CT Society of Civil Engineers
- Engineer (all types of engineering)
- Adventure EXP (gap year program)
- Electric Boat
- Meteorologist





# Post-secondary planning events

- Career Expo 2/7/25
- Post Secondary Showcase 4/30/25
- Future Planning Day 5/16/25



## JUNIOR WORKSHOPS

### DEVELOPING YOUR COLLEGE LIST

OVERWHELMED BY THE NUMBER OF COLLEGE OPTIONS OUT THERE? NOT SURE HOW TO START THE SEARCH? WONDERING HOW YOU CAN FIND THE "RIGHT FIT" IN A COLLEGE? MEET WITH A COLLEGE COUNSELOR FOR TIPS AND ADVICE ON HOW TO DEVELOP YOUR COLLEGE LIST.

### LINKEDIN

LINKEDIN IS A PROFESSIONAL SOCIAL MEDIA PLATFORM WHERE YOU CAN CONNECT, NETWORK, AND BUILD YOUR REPUTATION. LEARN HOW TO SET UP YOUR PROFILE, FIND JOBS, AND NETWORK WITH OTHERS IN YOUR FIELD.

### INSIDE THE ADMISSIONS PROCESS

WONDERING WHAT HAPPENS BEHIND THE SCENES IN THE ADMISSIONS OFFICE? MEET WITH A COLLEGE COUNSELOR TO GAIN A BETTER UNDERSTANDING OF THE PROCESS AND HOW YOU CAN PREPARE YOURSELF FOR IT.

### COLLEGE ESSAY

AN ESSAY IS THE HEART OF YOUR COLLEGE APPLICATION. AN ADMISSIONS COUNSELOR WILL OFFER GUIDANCE ON HOW TO WRITE A GREAT COLLEGE ESSAY. THIS IS AN EXCELLENT OPPORTUNITY TO LEARN ABOUT WHAT TO DO AND WHAT NOT TO DO WHEN WRITING THE ESSAY.

### FINANCIAL AID

AN ESSAY IS THE HEART OF YOUR COLLEGE APPLICATION. AN ADMISSIONS COUNSELOR WILL OFFER GUIDANCE ON HOW TO WRITE A GREAT COLLEGE ESSAY. THIS IS AN EXCELLENT OPPORTUNITY TO LEARN ABOUT WHAT TO DO AND WHAT NOT TO DO WHEN WRITING THE ESSAY.

### STANDARDIZED TESTING

SAT ACT SCORES ARE THE DIFFERENCE BETWEEN COLLEGE CHOICES. LEARN HOW TO PREPARE AND STUDY FOR THESE TESTS. SELECT THE SESSION THAT MEETS YOUR SCHEDULE AND GET SOME SUGGESTIONS ON HOW TO EARN SCORES THAT BEST REFLECT YOUR ABILITY.

### COMMON APPLICATION

THE COMMON APPLICATION IS ACCEPTED BY MORE THAN 1000 COLLEGES. CHOOSE THIS WORKSHOP TO GET A DEEPER UNDERSTANDING OF THE PROCESS AND HOW YOU CAN PREPARE YOURSELF FOR IT.

### THE ROAD TO SUCCESS

IF YOU ARE FEELING OVERWHELMED BY THE POST-SECONDARY PROCESS, LEARN HOW TO TAKE THE FIRST STEPS TOWARD SUCCESS. MEET WITH A COLLEGE COUNSELOR FOR TIPS AND ADVICE ON HOW TO DEVELOP YOUR COLLEGE LIST.

### TIME MANAGEMENT

DO YOU KNOW THAT CURRENT SCHEDULES ARE OVERWHELMING? POST-SECONDARY LIFE CAN BE VERY BUSY. LEARN HOW TO MANAGE YOUR TIME AND PRIORITIZE YOUR TASKS. SELECT THE SESSION THAT MEETS YOUR SCHEDULE AND GET SOME SUGGESTIONS ON HOW TO EARN SCORES THAT BEST REFLECT YOUR ABILITY.

### COLLEGE ATHLETICS: ELIGIBILITY & RECRUITMENT

IF YOU ARE INTERESTED IN COMPETING IN COLLEGE ATHLETICS, YOU'LL NEED TO MEET CERTAIN ELIGIBILITY REQUIREMENTS. LEARN ABOUT THE CHALLENGES AND REWARDS ASSOCIATED WITH COMPETING IN COLLEGE ATHLETICS.

### RESUME WRITING

HAVE YOU HEARD OF A RESUME, BUT WONDER WHAT IT IS AND HOW TO WRITE ONE? LEARN HOW TO WRITE A RESUME THAT SHOWCASES YOUR SKILLS AND EXPERIENCE. SELECT THE SESSION THAT MEETS YOUR SCHEDULE AND GET SOME SUGGESTIONS ON HOW TO EARN SCORES THAT BEST REFLECT YOUR ABILITY.

### MANAGING STRESS

PLANNING FOR THE FUTURE CAN BE OVERWHELMING. LEARN HOW TO MANAGE YOUR STRESS AND PRIORITIZE YOUR TASKS. SELECT THE SESSION THAT MEETS YOUR SCHEDULE AND GET SOME SUGGESTIONS ON HOW TO EARN SCORES THAT BEST REFLECT YOUR ABILITY.

### TRADE/TECHNICAL SCHOOL OPTIONS

DOES THE IDEA OF WORKING IN A SKILLED TRADE, SUCH AS CARPENTRY, ELECTRICIAN, WELDING, AUTO MECHANIC, OR OTHER, INTEREST YOU? LEARN ABOUT THE BENEFITS OF TRADE/TECHNICAL EDUCATION AND HOW YOU CAN PREPARE YOURSELF FOR IT.

Daniel Hand High School

## Post Secondary Showcase

Wednesday, April 30  
6:00 - 7:30pm  
Gym and DAH

Join us for an opportunity  
to talk to representatives  
from colleges, universities,  
technical schools and the  
military

Students and families  
from all grades are welcome

# Community Partnerships

Continue development of community partnerships for experiential learning opportunities

- Building network- ongoing initiative
- Mentors needed
  - Job shadow, internship hosts
  - Guest speakers
  - Career Expo volunteers





Questions?



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