High School

Transition

Preparation for students' transition to the Rye Neck High School begins in the eighth grade with *The Rye Neck High School Experience,* a highly-recommended evening event that reviews New York State Education Department's coursework and Regents test requirements for a variety of high school diplomas. Course selection, which takes place during the second half of the eighth grade year, is finalized at the start of ninth grade.

College and Career Preparation

All incoming freshmen are assigned a school counselor who assists with educational advisement and adjustment to high school. Freshmen participate in the First Year Seminar, a class that focuses on study skills, choices and the opportunities that students encounter in high school. Career Exploration, a seminar for sophomores helps students link their strengths and interests to educational and career goals. Students also use Naviance, a web-based program, to take personality and career inventories and develop realistic academic and career goals. In eleventh grade, students take College and Career Preparation (CCP). CCP teaches skills used in applying for college or employment. Sophomores take the Pre-ACT and Juniors take the PSAT as practice for college admission testing. Juniors and seniors take the ACT or SAT as well as SAT subject tests in preparation for the college admissions process.

The College Application Process

Rye Neck's experienced school counselors offer comprehensive college advisement services for all juniors and seniors. Informational evening meetings provide important general guidelines on filing applications, financial aid and trends in higher education. Additionally, counselors meet with each junior and his/her parents to review progress toward graduation and to begin to plan for post-secondary life. Counselors and families work together until each student successfully completes high school and becomes a Rye Neck graduate.

RYE NECK COUNSELING DEPARTMENT

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Rye Neck School Counseling Services



RyeNeckSchools

2025-2026

Rye Neck School Counseling

Our Mission

Rye Neck's experienced team of school counselors are at the center of each child's educational journey. We provide a comprehensive continuum of K-12 services that are designed to holistically and developmentally address academic and social/emotional growth in all students.

As a team, we support the development of strong home school relationships, open communication between parents, teachers and students, and foster students' talents and interests. Through an individualized approach, we help each student with goal-setting and finding opportunities for success at school and in the world. As students' advocates, we work in conjunction with families, teachers, psychologists, administrators and outside agencies to help students to make the most of their Rye Neck educational journey.

Communication

Counselors communicate with our students and their families in many ways throughout the year. We meet students individually, in small groups, in classroom settings or at grade-level meetings. These sessions may cover academic, personal or social concerns or provide important information.

We encourage students and parents to visit our Rye Neck website pages, where we post current information about events, testing, school practices and forms. Counselors are available for individual family conferences and can be reached by phone or e-mail.

Your school counselor is a resource

School counselors are a resource for students, faculty and parents on a variety of topics including:

- Educational and social/emotional advisement
- Study skills / work habits
- Extracurricular activities
- Community and school resources
- Interpreting test data, specifically the NYS assessments, Regents exams, SAT and ACT exams.
- The college application process
- College choices and acceptance decisions

Academic Counseling

School counselors assist students in setting goals and planning their overall academic programs. We help students to understand course and graduation requirements and encourage them to take advantage of the resources and opportunities at school and throughout our community.

Individual and Small Group Counseling

School counselors meet with students individually and in small groups to provide academic and social support as well as to discuss a variety of issues related to school engagement and achievement. Individual and small group counseling encourages students to strengthen their self -awareness, learn strategies to solve problems, identify stress and learn to deal with issues before they become problems. The goal is always to help each student to develop a positive self image, responsible behavior and good interpersonal relationships with peers and adults.

Counseling and Guidance
A Continuum of Services

Elementary School

At the elementary level, the role of the school counselor includes: pushing into classrooms utilizing curriculums such as Second Step or Yale's RULER program. These push-in's will be essential for students to begin using the tools provided to support their social/ emotional and academic development. The beginning of the year is focused on the basic building blocks of being a confident learner: listening skills, tools for focusing and advocacy. The school counselor, in tandem with the teachers and principal will work to cater lessons that are directly related to each class individually. This is to make sure that each student is receiving the most appropriate form of support possible. Along with push-ins, the school counselor will meet with students on an individual basis as well as in groups that can be beneficial for the students. Some examples of groups that may be formed throughout the year include: social support, advocacy, confidence and emotional regulation.

Middle School

Middle School programs begin with a Character Education class for sixth grade students taught by our school counselors. Character Education focuses on respect, responsibility and getting along with others. This class uses a variety of methods (discussion, role-play and games) to explore these topics. Small group programs provide further opportunities for shared conversations about surviving and thriving as a middle school student.

There are several school wide programs the counseling department implements. Rye Neck Middle School has participated in the No Place for Hate program for over a decade and is proud to have been designated a gold star school on numerous occasions. Another program for all of our students is the Middle School Olympics. It provides a year-to-year leadership and teamwork program for the middle school. The Olympics curriculum includes teachers and students in a spirited journey in which everyone works together on challenges of all kinds with the goal of building a strong, inter-connected middle school community. Lastly, the middle school uses RULER which is a curriculum developed by the Center for Emotional Intelligence at Yale University. Students are taught to Recognize, Understand, Label, Express and Regulate emotions using the Charter, the Mood Meter, the Meta Moment and the Blueprint. RULER is presented in stand alone lessons and integrated into classroom lessons.

Developmental Counseling

Throughout seventh and eighth grades, middle school counselors create classroom lessons. These lessons are based on issues that are of importance to students at this developmental stage. Topics include: communication skills, interpersonal relationships, respect and tolerance, study skills/learning styles, test taking strategies, mindfulness/relaxation and decision-making.