Counseling Quarterly

Hollis Brookline High School Counseling Department

NOVEMBER 14, 2025



HBHS Counseling Office Website

Naviance

HB Mental Health Resources

Upcoming School Counseling Dates and Events

Four sophomores (and an alternate) will be selected from HBHS to attend the HOBY Leadership Seminar. Students will be selected based on a review of a short essay. The HOBY NH seminar will take place in June (Dates TBD) at St. Anselm College. This seminar brings together a select group of high school sophomores who have demonstrated leadership ability. They interact with groups of distinguished leaders in business, government, education, and other professions to discuss present and future issues. Please see your school counselor if you are interested in attending! Essays are due to the Counseling Office by November 20th.
Visit **https://hoby.org/** for more information about HOBY.

Applications for students applying to the St. Paul's Advanced Summer Program are due by January 23rd. Please see the link below for more information regarding the application process.
https://www.sps.edu/asp-summer/application-process

New Hampshire Job Corps will be visiting our high school for a special presentation!
Date: Tuesday, 11/18
Time: 12:40 pm
Location: Counseling Conference Room at HBHS
Job Corps is a free education and career training program that helps young people learn the skills they need to succeed in today's job market. This is a great opportunity for students to explore career paths, ask questions, and learn about options after high school. Whether you're thinking about college, a trade, or just exploring your future, this presentation is for you! Please sign up to attend through Naviance and/or get a pass from your teacher to attend! All students are welcome to attend. We hope to see you there!

BAE Systems' FOCUS and Women in Technology (WIT) Programs are currently accepting applications from high school students interested in participating in their Winter 2026 sessions. Please see the links below to learn more information and apply. The WIT Program application is due 11/14 and the FOCUS application is due 11/24.
Women in Technology Program Application
Women in Technology Program Information
FOCUS Application
FOCUS Information

The Association for Pre-College Program Directors is proud to present the Summer 2026 Pre-College Programs Virtual Fair, a virtual event that provides students and their families the opportunity to learn about academic summer programs at top US colleges and universities. At the fair, attendees may visit virtual booths, where you can ask questions via text or video chat with summer program representatives. Registration is free to attendees.
2026 Summer Pre-College Program Fair
Thursday, November 20th, 2025
6:30-8:30pm EST
REGISTER NOW

School Counseling Department Highlights

Over 70 colleges, universities, trade schools, CTE programs, and more attended our College Fair this year! Students from all grade levels attended the college fair and had the opportunity to speak to representatives, ask questions, and learn more about their schools/programs.

Counselors of seniors have been busy meeting with seniors 1:1 to help them complete their college applications and plan for life after high school. If you have questions or concerns please reach out to your counselor.

All freshmen will be (or already have been) scheduled for a "Freshman Meeting" with their counselor. This is a chance for freshmen students to get to know their counselor as they will be working together the next 4 years.

On Friday, October 24th, we hosted our second annual ApplyNH Day and it was a great success! Working with volunteers from several NH colleges and universities and school counselors, we had 57 students apply to college for free! Every student who applied was entered into a raffle to win a $500 scholarship. In addition, volunteers came prepared with additional fee waiver codes to schools outside of NH which was an added bonus for students!



School Social Worker Updates

Hello everyone! My name is Erin Sarris, and I'm thrilled to be in the position as School Social Worker for Hollis Brookline High School and Middle School. While I'm new to this role, I'm certainly not new to the community—I've been a Brookline resident for over 20 years and have three children who are current students or graduates of the Hollis Brookline School System. In addition to resident and mom, I have taken on many roles in the community throughout the years from rec sports coach to school board member, and couldn't be happier about this new opportunity.
I'm truly looking forward to working with the students and families of HBHS and HBMS. As the School Social Worker I'm honored to be able to connect families with helpful resources during challenging times and provide emotional support to students whenever it's needed. I'm sure I know many of you already, but whether we have met or not, please feel free to reach out to me at any time - even if it's just to say hello! You can reach me at **erin.sarris@sau41.org**.

Community Resource Spotlight

Teen Health Clinic
Lamprey Health Care, 22 Prospect St., Nashua (603) 883-1626

- Every Wednesday 2:30 - 5:00

Youth Leadership Opportunity
Keystone Club at Boys and Girls Club of Souhegan Valley Teen Center

- Tuesdays 6:00 - 7:30

Family Resource Center at the Boys and Girls Club of Souhegan Valley
56 Mont Vernon St., Milford (back entrance by gymnasium)
(603) 672-1002

- Monday - Friday 8:30 - 1:00 Drop in or by appointment
- *Parent Cafes, Diaper Bank, Family Connections to resources*

Food, Clothing and Emergency Assistance
Brookline Food Pantry - Town Hall Lower Level

- Tuesday & Thursday 10:00 - 2:00, Wednesday 6 pm - 8 pm

SHARE Milford -1 Columbus Ave, Milford (603) 673-9898

- Food Pantry - By appointment
- Clothing Barn - Wednesdays 1:00 - 4:00, or when at the pantry



Cavaliers CARE

In 2025, HBHS piloted our "Cavaliers Care" program, where staff can nominate students (and other staff members) for being kind and upholding our HBHS values: Integrity, Intellectual Curiosity, Innovation, Individuality, and Involvement in HBHS Community. The winners are celebrated with a certificate and, this quarter, an apple cider, fresh apples, and donuts party made possible by a generous donation from Brookdale Farm. We are proud to announce our CavsCare Winners below!

10th - Lucia Dunsmoor, Maggie Fullerton-Denz, Harper Sarris

11th - Dom Raisanen, Bennett Seamonds

12th - Kali Walton, Caroline Crawford, Arielle Tasto, Kathryn Knorr, Emma Sheridan, Ryan Sutton

Staff - Michele Kennedy, Crystal Carosella, Gerald Gadbois, Beth Sulin, Liz Kolb

Community Wellness Ambassadors (CWA)

The Community Wellness Ambassadors (CWA) have kicked the year off by updating the "toilet talk" resource pages in the bathrooms around the school. CWA meets every Wednesday during CavBlock. Please reach out to Mrs. Carper if you are interested in joining!

CTE Information

Alvirne CTE Website
Nashua CTE Website

Dual Enrollment with CCSNH

Did you know high school students can take two college classes per year through the Community College System of New Hampshire for FREE? HBHS partners with CCSNH to allow our students to access free college courses that count as high school credit. These can be taken online or on campus. See your school counselor for more information!

Programs for High School Students to Earn College Credit

Role of a School Counselor