

# PLANNING FOR Your Future...



Part I • MIDDLEBOROUGH HIGH SCHOOL • 25-26

 <https://mhs.middleboro.k12.ma.us/about-our-schools/counseling-department/department-welcome>



@Sachem\_Guidance



@mhs counseling1

## Transition to High School & Career Planning for Freshmen



# Welcome Class of 2029

Your School Counselor is here to support you academically, social-emotionally, and with post-secondary goals. They will help you understand which classes align with your interests and future goals, ensuring you are on the right path academically and for post-secondary planning. While your counselor won't choose your career for you, they will provide guidance as you explore different possibilities. They will offer resources and support to help you make informed choices about your future. More information can be found on page 41 of the Student Handbook.



## SCHOOL COUNSELING DEPARTMENT SCHOOL COUNSELOR ASSIGNMENTS by Student Last Name\*

School Counselor	2029	2028	2027	2026
<b>Mrs. Amy Beirne</b> abeirne@middleboro.k12.ma.us Extension: 3110	A - Da	A-Fl	A-Do	A-Dau
<b>Mrs. Colleen Breton</b> cbreton@middleboro.k12.ma.us Extension: 3221	DaR-Lea	Fo-Lan	Dr-Log	Dav-Jo
<b>Mr. Andrew Swiderski</b> aswiderski@middleboro.k12.ma.us Extension: 3133	Lei-Ra	Law-Pi	Loh-Pi	Ju-Ph
<b>Mr. Stephen Goldman</b> sgoldman@middleboro.k12.ma.us Extension: 3111	Re-Z	Po-Z	PI-Z	Pi-Z
*Subject to change				

How do I meet with my School Counselor? Please email your school counselor to request an appointment. If it is an urgent matter, please ask permission to come to the School Counseling office and Mrs. Ponte, the Administrative Assistant in School Counseling, will assist you.

The School Adjustment Counselor plays a vital role in supporting students' mental health and social-emotional needs by providing targeted interventions and creating a safe environment for students to express their challenges and receive support. Unlike School Counselors, who focus more on academic guidance and college readiness, School Adjustment Counselors specifically address behavioral issues, mental health struggles, crises, and family dynamics. Their work aligns with the ethical guidelines of the American School Counselor Association (ASCA) and the NASW (National Association of Social Workers) by emphasizing confidentiality, advocacy, respect and the importance of fostering resilience in students.



## **SCHOOL COUNSELING DEPARTMENT SCHOOL ADJUSTMENT COUNSELORS**

### **School Adjustment Counselors**

**Mrs. Alexa Egan**  
**[aegan@middleboro.k12.ma.us](mailto:aegan@middleboro.k12.ma.us)**  
**Extension: 3126**

**Mrs. Cassandra Butler**  
**[cbutler@middleboro.k12.ma.us](mailto:cbutler@middleboro.k12.ma.us)**  
**Extension: 3125**

**Intern (2025-2026)**  
**Ms. Hannah McBride**  
**[hmcbride@middleboro.k12.ma.us](mailto:hmcbride@middleboro.k12.ma.us)**

How do I meet with a School Adjustment Counselor? School Adjustment Counselors have a caseload of students, however they work in partnership with the School Counselors in assisting students. Please email your assigned school adjustment counselor to request an appointment. If it is an urgent matter, please ask permission to come to the School Counseling office and Mrs. Ponte, the Administrative Assistant in School Counseling, will assist you.

# Scoir

Scoir is a Career and College planning website, designed to assist students and their in making informed decisions about career choices and college opportunities. One important feature for 9th graders is to log into Scoir and become familiar with the website. You should start regularly updating your Activities section (i.e. athletics, community service, clubs, work) which will provide the building blocks of a resume.

<https://app.scoir.com/signin>

## Graduation Requirements

As noted in the Student Handbook (pg. 34), a candidate for graduation must earn a minimum of 136 credits, and satisfy the MHS community service graduation requirement. The local minimum credit requirements for graduation are defined in the table below:

Course	Years	Credits
English	4	20.00
Mathematics	4	20.00
Biology	1	5.00
Science (Lab)	2	10.00
History	3	15.00
World Language	2 <i>(of the same language)</i>	10.00
Technology	---	5.00
Fine/Performing Arts	---	5.00
Physical Education	4	10.00
Electives	---	36.00
<b>Minimum Credits Needed for Graduation*:</b>	<b>136.00</b>	

\* = Seniors must earn at least 30 credits during their senior year in order to receive a diploma.

### Special Notes:

1. Though MCAS no longer has bearing on graduation, students are expected to engage in MCAS administration for STE (Freshman year), ELA and Math (Sophomore year)
2. Candidates for graduation are expected to carry a full, 40 credit schedule.
3. Candidates for graduation must earn a minimum of 30 credits in their senior year and meet the minimum standard found in the table above.
4. Summer school can be used as a tool to earn or recover credit that was lost due to a failing grade or excessive absenteeism.
  - a. A student qualifies for summer school with a final average between a 50% and 59% in a given class. A student may elect to participate in summer school in an effort to earn a passing score and earn credit.
  - b. If a student passed a class, but lost credit due to excessive absenteeism, the student may elect to participate in summer school in an effort to recover their credit. The student must earn a passing score in the summer school course to have their credit restored.

# Community Service

As noted in the Student Handbook (pg. 34 ), in order to receive a Middleborough High School diploma, all students must complete a minimum of 24 hours of (non-paid) community service. Please refer to the Community Service Google Classroom for more information.

## Community Service



***Graduation  
Requirement***

**24  
hours**

**Google  
Classroom**

MHS Community  
Service

# Attendance

## **What you need to know about Attendance and Absences:**

**Unexcused Absences:** Any absence from school that does not meet the excused absence criteria is considered unexcused (Student Handbook pg 57). School Counselors have a tiered intervention system for unexcused absences.

**Prolonged Absence:** If for a medical reason or other valid reason, a student is absent from school for more than a week, the parent/guardian is encouraged to contact the student's Assistant Principal or School Counselor (Student Handbook pg. 60).

**Make-Up Work:** Under normal circumstances, students who are legitimately absent will be allowed the number of days absent plus one day of additional time to complete and submit work missed. It is the responsibility of the student to attain the work that was missed and to schedule a mutually convenient time to make up any tests or quizzes. A student must pick up missed assignments upon returning to school. If a student is suspended from school for three (3) or more days, the student must request, either through an Administrator or School Counselor, that work be arranged through the School Counseling Secretary during the length of the suspension.

## **Loss of Credit Due to Absenteeism**

As noted on page 58 of the Student Handbook, a student jeopardizes losing credit for class(es) when established allowances for absences are exceeded. Regular attendance is expected and required to maximize a student's potential to succeed. Students and parents/guardians must be aware that absences accompanied by a parental note are not necessarily counted as excused absences. 59 A student will lose credit in classes according to the following standard:

- Students will lose credit in full-year classes when they reach 17 absences from school.
- Students will lose credit in half-year/semester classes when they reach nine (9) absences from school. Students should meet with their school counselor if they are in jeopardy of losing credit due to absenteeism. All students can participate in our Attendance Buyback Program in an effort to avoid losing credit due to absenteeism.

## **Attendance Buyback Program**

The Attendance Buyback Program (Student Handbook pg. 59) rewards students for good attendance, behavior, and academic habits. Students who successfully complete a Buyback will be rewarded by having one (1) unexcused absence from school excused by Administration.

All students can participate in this program by completing the following steps:

1. Attain an Attendance Buyback Form from the front office, Administration, School Counselors, or teachers.
2. Have perfect attendance (no unexcused absences, tardies, or dismissals to school or class) and meet behavioral and academic expectations over the span of 10 consecutive school days. If a student is absent from school with a documented excused absence during the 10-day buyback period, the student will simply extend the buyback period by the number of excused absences. An unexcused tardy or absence will nullify the buyback and the student would begin a new buyback.
3. The buyback must be signed by the teacher upon the completion of each class signifying that the student has met all of the requirements of the program. a. Note: if the student does not meet any of the expectations, the teacher has the right not to sign the buyback form.
4. Upon successful completion of the buyback, the student will turn in the completed buyback to the main office. Students may only complete one (1) buyback per quarter, for a total of four (4) in a school year. Buybacks will not be applied to vacations, AAU Tournaments, or events of the like.

## **Credit Recovery Program**

Students who lose credit due to absenteeism may have the ability to recover some or all of their lost credit by participating in the School Counseling Department's Comprehensive Credit Recovery Program. There is a credit recovery program for underclassmen who have lost credit in addition to a modified credit recovery program for seniors in jeopardy of not graduating. Students must meet specific criteria to be eligible for credit recovery and must be approved by the Principal. Interested students should meet with their School Counselor for more information.

# **Career Planning**

It's never too early to start thinking about Career Planning!

Throughout your high school career, the School Counseling Department will be working with you on setting goals and providing enrichment opportunities for your college and career planning. As you engage in this process, remember to be true to yourself. Don't feel pressured to follow a path just because it's expected or popular. Choose a direction that feels right for you and aligns with your strengths and interests.