



LNCHARTER

High School Counseling

Supporting Students with their Academic, Career & Personal Growth

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Meet the School Counselors

Philosophy

The LNC High School Student Services Department believes all students can learn, lead, and thrive when supported by a comprehensive counseling program. We partner with students, families, staff, and the community to promote academic growth, social-emotional wellness, and college and career readiness in a safe, inclusive environment.



Ms. Tatman - 9th Grade Counselor

Ms. Van Buren (A - I) 10th - 12th Grade Counselor

Mr. Porter (J - R) 10th - 12th Grade Counselor

Ms. Casillas (S - Z) 10th - 12th Grade Counselor

9th Grade Support Framework

The transition from middle school to high school begins in 8th grade when freshmen counselor Ms. Tatman meets with each 8th grade student in the 3rd quarter. This allows each student to meet and get to know her before they begin high school. This is part of a comprehensive framework designed to help students adjust smoothly, build confidence, and begin developing their 4-year high school academic plan.

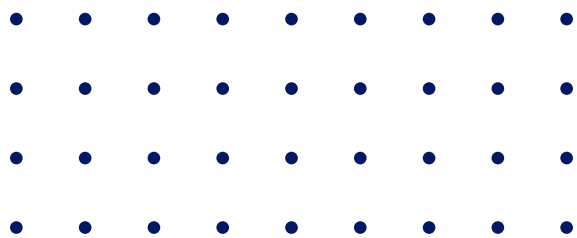
Individual Meetings

Each fall, 9th grade students participate in an individual meeting with Ms. Tatman to review key academic information, including graduation requirements, promotion standards, and how GPA is calculated. At the conclusion of this meeting, students complete the 9th Grade Individual Meeting Form.

Knight Time

Throughout the year, Ms. Tatman visits Knight Time sessions to guide students through college and career readiness activities. These lessons help students explore interests, recognize strengths, understand learning and productivity styles, and reflect on personal growth during their first year of high school. Also, Ms. Tatman will visit students in March to review graduation requirements and revisit their 4-year academic plan to determine if changes are needed.

Together, the individual meetings and Knight Time lessons are designed to provide consistent guidance and support, helping students feel informed, supported, and prepared for success in high school and beyond.

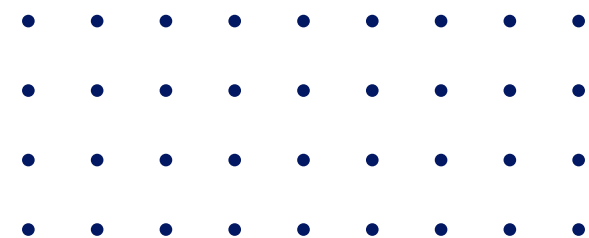


9th Grade Support Framework

Principal Productivity

- Students will participate in the Principal Productivity lesson series in partnership with Mr. Maleck. These lessons are designed to strengthen practical skills that support academic success and lifelong learning.
- Through these lessons, students learn strategies such as prioritizing tasks, managing their time effectively, and making thoughtful decisions.
- These skills are intended to help students stay organized, reduce stress, and build habits that will benefit them throughout high school and beyond.

Principal Productivity Lessons



10th Grade Support Framework

Sophomore year is often a turning point in the high school journey. Students are no longer brand new to high school, but they’re still figuring out who they are as learners, friends, and future planners. Confidence is growing, expectations increase, and students begin to take more ownership of their choices—academically, socially, and personally.

Preparing for Next Steps

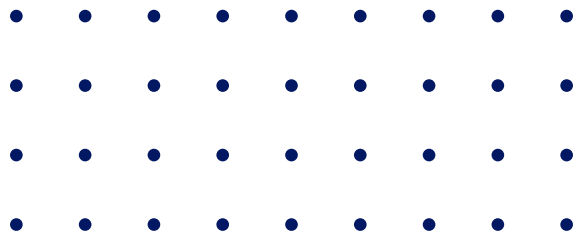
As students enter 10th grade, they transition from their 9th grade counselor, Ms. Tatman, to a new counselor who will partner with them throughout the rest of their high school journey. 10th grade also brings the chance for students to further practice for college admittance exams such as the PSAT in October and the required Pre ACT in November. Students are guided to continue identifying their strengths and interests and consider whether they want to dually-enroll at Central Piedmont Community College their junior year and if so, which pathway is right for them. Sophomores are encouraged to explore colleges both through college visits and by attending college rep sessions at LNC. The counseling suite is always available for students to study, relax, browse the resources or visit their counselor.

Group Meetings

In December, counselors meet with sophomores during Knight Time to review how to read and understand their transcripts, discuss opportunities such as CPCC and Dual Enrollment, share information about college visits hosted at the school, and guide students through completing their strengths and interest survey.

4-Year Academic Plan

In March, counselors visit Knight Time to review graduation requirements and help students revisit their 4-year academic plan to determine if changes are needed.



11th Grade Support Framework

Junior year is an important time for growth and discovery. As students continue to develop academically and begin thinking more about life after graduation, our goal is to support them as they balance classes, activities, and future plans.

Preparing for Next Steps

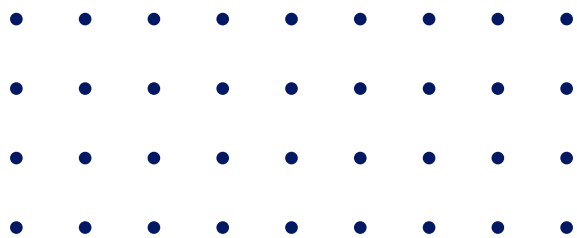
Juniors are strongly encouraged to take the PSAT in October. Every junior takes the ACT in the spring, offered at LNC by the State at no charge to parents. A scholarship meeting is held in May to prepare juniors to apply for scholarships in the fall of their senior year and discuss the scholarships’ requirements. The counseling suite is always available for students to study, relax, browse the resources or visit their counselor.

Individual Meetings

In January, counselors meet individually with all juniors and their families for one-on-one conferences focused on college planning. Students receive guidance on what they should be working on at this stage, including course planning, academic goals, and extracurricular involvement. The conference also includes discussions about potential colleges and post-secondary pathways students are considering, application timelines, and admissions requirements. Counselors review standardized testing plans and provide clear guidance on the college planning process—such as researching schools, preparing applications, and understanding next steps—to help ensure students are on track for a successful senior year.

4-Year Academic Plan

In March, counselors visit Knight Time to review graduation requirements and help students revisit their 4-year academic plan to determine if changes are needed.



12th Grade Support Framework

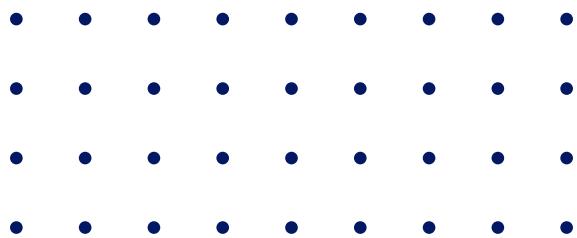
As seniors, students begin to bring their high school journey full circle. This year is filled with important decisions, celebrations, and transitions. Our focus is to support students as they stay engaged, finish strong, and confidently take their next steps beyond high school—whatever path they choose.

Preparing for Next Steps

At the beginning of senior year, counselors visit classes to discuss the do’s and don’ts for college essays. Students are encouraged to continue to sign up to attend college visits that occur at LNC throughout the school year. The counseling suite is always available for students to study, relax, browse the resources or visit their counselor.

Individual Meetings

In September and October, counselors meet with seniors and their parents to review graduation requirements; address questions related to CPCC; provide testing review and planning support; guide families through CFNC, College Board/BigFuture, and the Common App; and discuss college planning and financial aid.



Communicating With Students and Families



Counseling Connection Newsletter

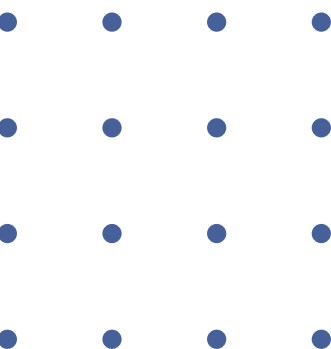
The Counseling Connection monthly newsletter highlights key upcoming events, wellness tips, an overview of upcoming events, including postsecondary planning updates, summer enrichment opportunities, and other important information related to college, career, and future readiness.



Scholarship Bulletin

The Scholarship Bulletin provides seniors with centralized access to information about local, state, and national scholarship opportunities. It is shared with all 12th-grade students and parents during senior meetings, as well as via email, school website, and the newsletter. The bulletin is updated regularly as new scholarship opportunities and deadlines are received.

[Scholarship Bulletin](#)



Communicating with Students & Families



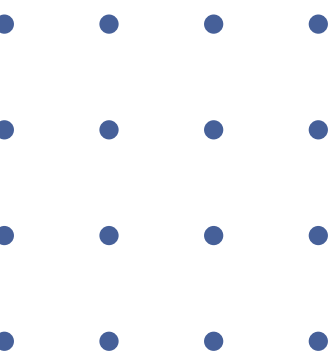
Coffee Chats

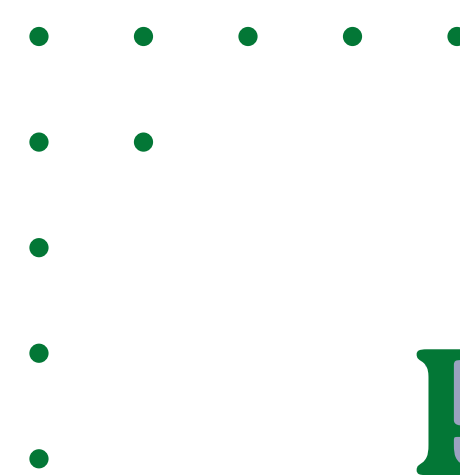
Counselors participate in the High School Principal's Coffee Chat twice a year, providing important updates and insights from the Student Services department. In the fall, first-semester updates are shared along with key information parents need to know for the beginning of the year. In the spring, essential registration guidance is delivered to support parents and students through the course selection process.



LNC Website

The [High School Student Services page](#) on the LNC website explains how the counselors support students academically, socially, and emotionally throughout high school. Parents can find information about academic planning, graduation requirements, college and career guidance, helpful resources, and monthly newsletters. The page serves as a central place to learn how counselors partner with students and families to support success in high school and beyond.





Proactive Student Support

Our counselors and high school administrators dedicate time twice a month to discuss students who may need additional support. These meetings allow our team to share insights, coordinate interventions, and ensure students' academic, social, and emotional needs are being addressed.

By meeting regularly as a team, we are able to be proactive rather than reactive, allowing us to better support students early, strengthen communication, and create a more supportive school environment for all students.



Annual Events Supporting the College Journey

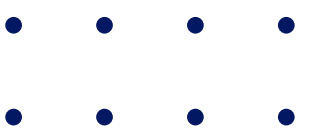


CACRAO College Fair

Carolinas Association of Collegiate Registrars & Admissions Officers



- In the fall, LNC hosted the 3rd annual CACRAO College Fair, where students and parents can explore more than 90 colleges and universities from across the region.
- This event provides students with valuable exposure to a wide range of post-secondary options and helps them begin building relationships with admissions representatives.





Annual Events Supporting the College Journey



CROWN Mini College Fair

- CROWN is a community of regionally based admissions representatives living in the local Charlotte community. The CROWN College Fair occurs in the spring during a school day and we encourage all students to attend. Participating Institutions are listed below.
- | | | |
|--------------------------------------|--------------------------------|-------------------------------|
| • Dickinson College | • Johnson & Wales University | • UNC Wilmington |
| • East Carolina University | • St. John's University | • Long Island University |
| • Auburn University | • SUNY Cortland | • College of Charleston |
| • The University of Alabama | • University of Tennessee | • Denison University |
| • Miami University – Ohio | • Bucknell University | • University of Mississippi |
| • University of South Carolina | • Appalachian State University | • Western Carolina University |
| • University of Alabama – Birmingham | • Kent State University | • North Carolina A & T |

Annual Events Supporting the College Journey



CFNC Financial Aid Night

- Each fall, our CFNC regional representative provides a financial aid information session for juniors, seniors and their families.
- This presentation helps families better understand the financial aid process, including a brief overview of FAFSA, and available grants, scholarships, and loans.
- Families gain clear, reliable guidance that reduces confusion, answers common questions, and helps make informed decisions about planning and paying for college.



Annual Events Supporting the College Journey



STARS (Self-reported Transcripts and Academic Records System) Event

- LNC hosts a STARS information session in the fall for students presented by a representative from the University of Tennessee, who walks students through the process.
- The STARS system allows students to self-report their academic history directly to participating colleges and universities that require it as part of the admissions process.
- STARS streamlines the application process by reducing the need for official transcript submissions at the time of application.

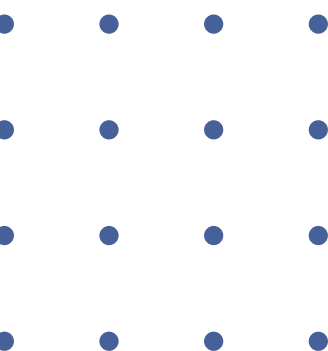


Annual Events Supporting the College Journey



CPCC Field Trip

- In the spring, counselors take seniors interested in attending CPCC after graduation on a guided tour of the CPCC's Central Campus.
- The visit gives students an opportunity to explore the campus and learn more about the academic programs, resources, and opportunities CPCC has to offer.



Career & College Promise (CCP)

CPCCC Career and College Promise Dual Enrollment offers high school juniors and seniors the opportunity to get a "jump start" and earn college credit toward a two-year or four-year degree at Central Piedmont Community College while still in high school, tuition-free.

Dual Enrollment Associate of Arts Transfer Pathway allows students to meet the general educational requirements for a four-year college degree.

Dual Enrollment Career and Technical Pathways offer more than 50 different pathways created to help get a head start on a great career. Students earn college credits toward a job credential, certificate, or diploma in a technical career.



Career & College Promise (CCP)

High school students who choose to pursue this option are supported here at LNC with the following resources:

- Schoology CPCC Course Hub
- CPCC Informational Google Site
- CPCC Informational Booklet
- Informational Parent Nights (mandatory)
- Informational Student Meetings (mandatory)
- Student Check-ins (twice per quarter)



Career & College Promise (CCP)

Below are some of the College and Career Promise (CCP) resources available to support both students and families.

[CPCC Informational Booklet](#)

[CPCC Overview Webpage](#)

[Parent Presentation](#)



Wellness Initiatives

To support students in prioritizing and strengthening their social and emotional well-being, Student Services offers the following:

Wellness Wednesdays

Each Wednesday, a “Wellness Wednesday Tip” is shared with the students through Schoology. These short, practical strategies focus on improving both physical and mental health and provide students with accessible tools they can incorporate into their daily routines.

Guided Meditation Fridays

Every Friday guided meditation sessions are offered for interested students. Through FlexiSched, students can sign up to participate in a 15–20 minute guided meditation during Knight Time designed to help them reset, reduce stress, and enhance focus. These sessions offer a structured, supportive environment for students to recharge at the end of the week.

Wellness Resources

On the LNC website students and parents can find a link to wellness resources that is meant to provide students with resources to help them pause, relax, and reset. Students can explore tools, tips, and resources designed to support their well-being—anytime they need them.



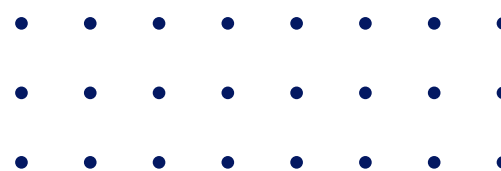
[Wellness Wednesday Tips](#)

[Guided Meditation Post](#)

[Wellness Resources](#)

Looking Forward

For the 2026–2027 school year, LNC counseling will transition from Naviance to College for North Carolina (CFNC) and BigFuture (College Board) to better support a comprehensive college and career exploration framework for students. These trusted platforms will better help students explore post-secondary options in an organized and age-appropriate way. This new framework establishes a stronger foundation for the 2026–2027 school year to help students be more informed and better supported, and feel well prepared as they plan for life after high school.



26-27 FUTURE PATH

This chart provides students and parents with the college and career planning framework broken down by grade and by quarter.



	Grade 9	Grade 10	Grade 11	Grade 12
Q1	Individual Meeting CFNC Account Creation	CFNC Work Values Sorter	CFNC Reality Check	Senior Meeting
Q2	Career Cluster Match What's My Learning Style?	CFNC Interest Finder Sophomore Meetings	CFNC & BigFuture College Search & College Match	CFNC Financial Literacy

26-27 FUTURE PATH



This chart provides students and parents with the college and career planning framework broken down by grade and by quarter.

	Grade 9	Grade 10	Grade 11	Grade 12
Q3	Skills Matcher Registration & 4-Year Plan Review	Registration & 4- Year Plan Review CPCC Parent & Student Meetings	Junior Meetings Registration & 4-Year Plan Review	College Safety
Q4	End of Year Reflection & Goal Setting	Reviewing & Updating Goals & Activities	Recommendation Letters, Resume Building & Updating Goals & Activities	Financial Aid and College Decisions