

## Scituate High School School Counseling Newsletter Winter 2024-2025

Together, WE **inspire, support, and challenge** all learners to reach their unique potential.

**Finding Yourself at SHS:** On Monday, December 2nd, freshman counselor Katie Leabo and adjustment counselor Elizabeth Clancy delivered a presentation to 8th graders at Gates in regards to what to expect as they transition to 9th grade! Students learned about class offerings at SHS, how to utilize WINN blocks, the importance of staying connected to the school community through clubs and sports, and the quarterly academic calendar that SHS follows. A special thank you to our high school student representatives who joined us and shared their own SHS experiences with the 8th graders!

**SCOIR:** During the academic advisory WINN block on December 2nd, juniors were introduced to [SCOIR](#), the platform we use to explore colleges and send application documents to colleges and universities. Students were invited to create their accounts and were able to navigate through the platform by following colleges they seem interested in, inviting their caregivers to suggest colleges for them, and taking the “Discover” and “Find Your College Match” quizzes to help them start their college search. Please reach out to your student’s counselor with any questions!

**MEFA Pathway:** School counselors at SHS have been busy preparing and working with students on career exploration and readiness through [MEFA Pathway](#). Our most recent lesson took place during WINN block on January 6th for 9-11th graders. Students took quick assessments to learn more about their strengths and skills, and how these may align with their values and interests. This was the first time that sophomore and junior students logged into their MEFA Pathway account, and counselors are looking forward to utilizing the platform to help older students think about possible career paths post graduation.

**Military Visits:** Our visits from military representatives are underway! We had the pleasure of welcoming back Alex Christenson, a 2022 SHS alum who now attends West Point Academy to talk to students about the application process and what to expect from a military school. Additionally, on December 3, a member of the National Guard met with interested students about what being a member of the Army National Guard may look like. Military rep visits are scheduled during WINN block and parent/caregiver permission is required. See Ms. Ward in the School Counseling Department for more information.


**Post-Secondary Planning Night:** On Thursday, December 12th, high school counselors hosted a Post-Secondary Planning Night for caregivers of junior parents/caregivers. Counselors explained the college application process in depth, including how to populate a college list, factors to consider when choosing and applying to schools, and the importance of test scores and letters of recommendation. We had a great turnout and were excited to see familiar faces and meet new ones! School counselors also visited all junior history classes on Thursday, December 19th to give a similar presentation to junior students themselves. Please reach out to your school counselor with any questions related to post-secondary planning!

**Reminder - Community Service:** All students should be working towards reaching their required 50 hours of community service! Community service hours are required for graduation and can start being earned as early as the summer before entering 9th grade. Students need to have completed at least 35 hours of community service to attend prom. Be sure to bring your signed community service forms to the school counseling office so that they can be logged into Aspen. Students who complete more than 100 hours of community service by graduation will receive a pin and special recognition of their achievement during graduation time.

**ASVAB:** The School Counseling department will again offer the [ASVAB Career Exploration Program \(CEP\)](#) on **Wednesday, February 12th, 8:15am-11:30am** to any student in grades 10-12. This unique opportunity enables young people to explore careers in the context of their skills and interests, understand all of their options, and to plan for the path of their choice. The ASVAB CEP is sponsored by the Department of Defense with a two-part mission:

- to provide a career exploration service to U.S. youth;
- and to provide qualified leads of interested young people to military recruiters.

Students who sit for the exam will also be invited to a follow up ASVAB Interpretation Session, at which score results will be explained. Permission slips are available in the school counseling office and must be returned by February 10th, 2025. Participation is voluntary and students have no obligation to the Military or to speak to a recruiter. (Students will need to arrive by 8:15 am that day in order to take the assessment.)

**Signs of Suicide (SOS) Program:** Throughout early January, school counselors have teamed up with the 9/10th grade Wellness Teachers to deliver the [Signs of Suicide Program \(SOS\)](#). SOS is an evidence-based program used in classrooms around the country. Through video, guided discussion, and depression screening, 9th and 10th graders learn to recognize signs of depression and suicide in themselves or a friend and when to seek help from trusted adults. Check out the  [SOS Caregiver Training.mp4](#) for parents/caregivers or reach out to your school counselor or Wellness teacher directly.

**Mindful Connections:** As the holiday season wraps up and midterm season starts, we encourage you to check in on your friends and those close to you. When reaching out and/or making plans, take inspiration from the following ideas to make sure that those around you are in a good headspace:

- Mindful: Send a message just to check in, watch funny videos together, look at old photos together, or send them a funny message to make them laugh!
- Thoughtful: Try a new hobby that you both haven't done before, watch the sunset together, or offer a listening ear without any pressure!
- Kind: Drive to a scenic spot and take in the view, grab coffee or tea at a local cafe, or make a vision board together!
- Good Fun: Watch a funny movie and order takeout, write a letter to your future self, get outside and enjoy a walk together, or binge-watch a show together!

**Counselor Spotlight - Mr. Cooney:** Mr. Cooney has been a member of the SHS Counseling Department for the past 16 years! Prior to coming to Scituate, Mr. Cooney served as a school counselor in the Plymouth

Public Schools system for 10 years, making this his 26th year as a school counselor. When asked what Mr. Cooney enjoys most about his job, he shared that he enjoys being able to connect with students and getting to know who they are, what their goals and passions are, and how to best ensure that they are prepared for life after high school. Some of the biggest changes in his role as a school counselor has been adjusting to the shift in technology usage; email, zoom meetings, the online college application process, google classroom, and student's own technology usage are parts of the school counseling role that Mr. Cooney has had to master over his years in the profession. Being in the role for as long as he has been, Mr. Cooney has a wealth of information to share with students and families going through the college admissions process. He recommends that students start the process early, stay organized, and to not be afraid to apply to colleges that may be lesser known. He also encourages caregivers during this time to offer support to their student, but to also give them space to make informed and educated decisions about where they would like to be after graduating from SHS. During his free time, Mr. Cooney enjoys reading, walking his black lab Gus, photography, and hiking the White Mountains in New Hampshire.

## SAVE THE DATE! - UPCOMING EVENTS

**Wednesday, 2/12, 8:15am-11:30am** - ASVAB will be available to any student in grades 10-12. Signed permission slips must be turned in to Ms. Ward in the School Counseling office by Monday, February 10th.

**Wednesday, 2/12, 6pm in the PAC:** School counseling Director, Tammy Rundle, and 9th grade School Counselor, Katie Leabo, will host a Step-Up Night for caregivers of current 8th grade students who will be attending Scituate High School next year. The purpose of this program is to share information about the high school course selection process and introduce the SHS Program of Studies 2025-2026 with caregivers. Gates caregivers should be on the lookout for more information coming soon from SHS School Counseling.

**Wednesday, 2/26, 5:30pm in the PAC:** Scituate High School counselors will host an Early College Planning night for caregivers of 9th and 10th grade students. Counselors will explain the different stages of the college selection and application process and is geared toward caregivers seeking to get a jump-start on the college process for their students. We are looking forward to this informative night! Information to follow!

### How to reach us:

[Scituate High School website](#)

Counselor Contact Information 781-545-8750			
Tammy Rundle	School Counseling Director	<a href="mailto:trundle@scit.org">trundle@scit.org</a>	Ext. 11370
Keely Benoit	School Counseling Intern	<a href="mailto:kbenoit@scit.org">kbenoit@scit.org</a>	Ext. 11370
Elizabeth Clancy	9th Grade Adjustment Counselor	<a href="mailto:eclancy@scit.org">eclancy@scit.org</a>	Ext. 11272
James Cooney	School Counselor	<a href="mailto:jcooney@scit.org">jcooney@scit.org</a>	Ext. 11371
Zoe Hassett	School Counselor	<a href="mailto:zryan@scit.org">zryan@scit.org</a>	Ext. 11372
Rosalind Kimani	School Counselor	<a href="mailto:rkimani@scit.org">rkimani@scit.org</a>	Ext. 11374
Katie Leabo	9th Grade School Counselor	<a href="mailto:kleabo@scit.org">kleabo@scit.org</a>	Ext. 11378
Jennifer Lopes	Adjustment Counselor	<a href="mailto:jlopes@scit.org">jlopes@scit.org</a>	Ext. 11102
Jennifer Osmer	Adjustment Counselor Intern	<a href="mailto:josmer@scit.org">josmer@scit.org</a>	Ext. 11102
Kathleen Ward	Administrative Assistant	<a href="mailto:kward@scit.org">kward@scit.org</a>	Ext. 11375