

COUNSELOR CONNECTION

Sophomore | Juniors | Seniors

The mission of HSD counselors is to provide a progressive, comprehensive, and data-driven K-12 school counseling program addressing the academic, career, and social/emotional developmental needs of all students.

School Counseling Services

What services do school counselors provide?

Individual Counseling
Classroom Lessons
Large Group Presentations
Small Group Counseling
Peer Mediation
Career/College Exploration
Academic Advisement

When should you contact the school counselor?

Contact the counselor with academic, social/emotional and post-secondary concerns for your child. You may contact us when you have questions, want to seek outside resources, or need assistance for your child or family.

Who are the counselors?

Mrs. Melissa Boas

Counseling Supervisor/CTC

Mr. Justin Snook

11 & 12 A-DE/ LEC/HAVEN

Mrs. Kelly Morenko

10 A-Ha, 11-12 Di-Hen

Mrs. Sally Metz

10 He-Me, 11-12 Her-Me

Mrs. Kimberly Romero

10 Mi-Ro, 11-12 Mi-Se

Mrs. Rebecca Doutrich

10 Ru-Z, 11-12 Sh-Z

Office # 717-898-5545

Fall Happenings

This quarterly newsletter is designed by the school counselors to communicate relevant and timely information to students and families. Adolescence is a time when students may face unique and diverse challenges that impact their personal development and academic achievement. We hope to assist parents and students as they navigate the high school years and plan for the future!



Academic

- Report Cards available November 6 via the [Sapphire Community Web Portal](#).
- Tutoring is available on Thursdays after school in the Drop In Center. Peer tutoring is also available during flex. Pick up permission slips in counseling office.
- Counselors are meeting with seniors to assist with post-secondary planning including the application process, transcript requests, obtaining letters of recommendation, financial aid, and scholarship information.
- All juniors were given the PSAT in October and will be receiving results in December, which will include information about utilizing [Kahan Academy](#) and [CollegeBoard](#) as free SAT prep resources.
- College representatives visit HHS weekly. Students are encouraged to sign up in Naviance to meet with representatives and learn about college options.





Naviance

Hempfield High School is a proud participant of *Naviance Succeed*, a web-based program which allows students to complete interest inventories and career exploration assessments.

In Naviance, students will...

- Complete tasks for their graduation project.
- Access specific career and college information that will allow them to make informed decisions about their future.
- Sign up to meet with college representatives that come to the counseling office.
- Request Letters of Recommendation and transcripts to be sent to colleges.
- Obtain scholarship information and applications

Important Dates

CTC Tours - 11/17, 11/18, 11/19

Financial Aid Night - 12/10, 6:30

SAT Test Dates- 12/5, 1/23

(Register: www.collegeboard.org)

Career

All sophomores had the invaluable opportunity to hear from professionals in over 20 different careers at this year's Career Day. Students heard from keynote speaker, Mike Hostetler from WGAL, who shared his career path and insights into the secrets of his success.

Sophomores and juniors interested in the Lancaster County Career and Technology Center will have the opportunity to tour the three different campuses during the month of November. Permission slips are available in the counseling office.

Counselors delivered career lessons regarding decision making and professionalism in the junior Personal Financial Literacy classes. Students were also instructed on how to research various careers and college majors in Naviance.

Social/Emotional

Almost everyone has experienced some kind of stress. Some people handle stress pretty well, others have a more difficult time managing stress.



Healthy Ways to Handle Stress

- Identify the source of your stress.
- Talk about your stress to a friend or trusted adult.
- Consider what you can and cannot control.
- Keep perspective: Is it temporary or permanent stress?
- Prioritize daily tasks and make time to do something enjoyable.
- Be sure to eat healthy and get enough sleep.
- Try to live in the moment and consider taking slow deep breaths.
- Find things to do that bring relaxation and good feelings such as, journaling, listening or writing music, drawing, reading, playing a game, go out for a walk or jog, and maybe bake a special treat for yourself or someone else.