



ROCKY HILL HIGH SCHOOL COUNSELING DEPARTMENT

Students are assigned a school counselor by the first letter of their last name:

A-D: Mrs. Sarah Notarangelo

notarangelos@rockyhillps.com

E-K: Mrs. Amy Carbutti (Dept. Supervisor)

carbuttia@rockyhillps.com

L-Rf: Mrs. Heidi Bikowski

bikowskih@rockyhillps.com

Rg-Z: Mrs. Jennifer Russell

russellj@rockyhillps.com

School Psychologists

Mrs. Stephanie Malkin

malkins@rockyhillps.com

Ms. Lina Tomassian (part-time)

tomassianl@rockyhillps.com

School Counseling Secretary: Ms. Lori Kovanda kovandal@rockyhillps.com

PHILOSOPHY OF THE COUNSELING DEPARTMENT

The best predictor of success in adulthood is success in childhood and adolescence. The more successful Rocky Hill High School students become, the better chance they will have for future success. The goal of the counselor is to assist all students in making the most of their talents, so they may be successful in all areas of their lives: academics, interpersonal relationships and decision-making. To further these goals, the department provides Academic, Career and Personal Counseling and guidance for all students.

MISSION STATEMENT

Our mission as a School Counseling Department is to systematically provide guidance and counseling to all students in order to facilitate academic, personal, social and career development. We believe that our students should acquire this knowledge while appreciating individual and cultural diversity, so that they may become contributing members of a democratic society. The School Counseling program is an integral part of the total educational process with a comprehensive program that focuses on three domains that are sequential and developmentally appropriate:

- Academic – Learning to Learn
- Personal/Social – Learning to Live
- Career/Vocational – Learning to Earn

COUNSELOR APPOINTMENTS

Students are encouraged to schedule an appointment with their counselor. Counselors make every effort to schedule appointments during a student's free period. Parents may schedule appointments with their student's counselor by contacting them through email or phone.

LIMITS ON CONFIDENTIALITY

Confidentiality is maintained unless there is a direct risk to the student or another individual. Federal regulations also require that confidentiality be kept in some other instances. Please ask your counselor about the issues of confidentiality if you are concerned. Crisis team meetings are held as required, as well as weekly Targeted Intervention Plan meetings.

DEVELOPMENTAL GUIDANCE PROGRAM

Grade 9:

- Meet with students to review course placement
- Administer and review results for "Do What You Are" (Naviance) personality-type assessment
- Discuss grades, as appropriate
- Review course selections for 10th grade

Grade 10:

- Administer and review results from Career Interest Profiler
- Establish testing sequence to include PSAT, SAT, ACT and/or SAT Subject Tests. Review PSAT results.
- Discuss grades, as appropriate
- Review course selections for 11th grade and graduation requirements

Grade 11:

- Encourage appropriate tests for college admissions including PSAT, SAT, ACT
- Discuss and plan post-secondary options – further education, military, work or combination
- Present options at Post-Secondary Planning Night and sponsor college fair field trip
- Discuss grades, as appropriate
- Review course selection and graduation requirements

Grade 12:

- Monitor progress toward graduation
- Encourage students to work closely with counselor to pursue post-secondary plans and applications
- Continuously inform students of application process and deadlines, as well as testing requirements and scholarships.

COLLEGE COUNSELING:

College counseling is available to all students pursuing further education after high school. The counselors' goal is to ensure that graduating students understand and explore their interests, goals and abilities along with the scope of educational opportunities available through further education. Students and parents are urged to work closely with their counselor in order to understand the application process and to formulate the best possible plans for the graduating senior.

Counselors work with students by:

- Helping students make an appropriate testing plan (PSAT, SAT, ACT)
- Utilizing Naviance to help identify career interest and post-secondary schools.
- Organizing a college fair field trip for juniors and a post-secondary planning night.
- Sponsoring a financial aid workshop for parents of seniors
- Writing letters of recommendation for students
- Assisting students to apply to a range of colleges

CAREER COUNSELING:

Our goal is to ensure that students develop career goals and awareness of the competence level required for a successful transition into the workplace. This will be incorporated in the student success plan.

Career counseling is available for all students to assist them in understanding how their strengths, interests, and goals form the foundation for career selection by utilizing Naviance. High school career counseling begins with the task of matching student's thoughts about careers with the reality of the world of work. Students are provided opportunities to explore careers through self-assessments and researching more information about careers. The goal is to ensure that students begin the process of understanding how to make appropriate career decisions.

PERSONAL COUNSELING

We recognize that every student has intrinsic worth, the right to be respected for their unique personality as well as their capability of personal growth and self-direction. Personal counseling is available to all students to help improve decision-making, self-awareness, and coping skills. Our goal is to assist students so that they are better able to manage the issues that confront high school students. Consultations with parents about specific situations are available upon request. Referrals inside and outside of the school are made when appropriate. Individual and group session are conducted with students.