



Guidelines

Sturgis East School Counseling Office

August 2016

Welcome Back to School! Sturgis is excited to welcome the newest member of our School Counseling Team - Kerrie Lombardozi. Ms. Lombardozi joins us after spending a year working in the Monomoy High School Counseling Office. She will be working with students whose last names start with Hi - McD. We encourage students to stop by and introduce themselves to her.

The School Counseling Team is looking forward to another great year. A general outline of our curriculum for each grade level is listed below. As a reminder, the School Counseling Team primarily communicates with parents and students by email. In addition to emails directly from the Counseling Office, please be sure to check out news and updates in the weekly **Upcoming Events** email that is sent on Fridays.

Counselor Assignments:

Deb Hempel

Students with last names A - H
 dhempel@sturgischarterschool.org
 508-778-1782, X234

Kerrie Lombardozi

Students with last names Hi - McD
 klombardozi@sturgischarterschool.org
 508-778-1782, X231

Carol Vari

Students with last names McG - Z
 cvari@sturgischarterschool.org
 508-778-1782, X230

The Year Ahead: At Sturgis our school counselors work with all students to deliver a curriculum relevant to each grade level that is focused on developing college and career readiness. As dates draw near, additional details will be shared in the weekly edition of **Upcoming Events** for Sturgis East.

Freshman Year:

- *Overview to build an understanding of academic curriculum, clubs & activities and school resources, *Friday, October 14th*
- *Depression and suicide awareness lesson, *Oct/Nov*
- *Exploration of personality type and implications for learning style, *March/April*

Sophomore Year:

- *Exploration of personality type and implications for college major/career, *February/March*
- *In anticipation of choosing IB courses for the junior and senior years, in conjunction with the IB Coordinator, opportunities are created for sophomores and their parents to learn more about the IB curriculum, *March*

Junior Year:

- *College Visit field trip, *Friday, October 7th*
- *Preparation for college admissions testing:
 PSAT, *Wednesday, November 2nd*
 Practice ACT (optional), *Friday, December 9th*
- *Overview of college testing and search process, *Jan/Feb*
- *Overview of college admissions process
 Parent presentation, *Tuesday, March 14th*
 Student presentation, *Wednesday, March 15th*
- *Individual transition planning meetings, *April/May*

Senior Year:

- *College Application Workshops, *late Sept./early Oct.*
- *Individual transition planning meetings, *Oct/Nov/Dec*
- *College Financing Overview:
 Parent presentation, *Monday, October 17th*
 Student presentation, *Wednesday, November 16th*
- *College Application Wrap Up (optional workshop), *Friday, December 9th*
- *Making an Informed Decision: Understanding College Financial Aid Award Packages, parents & students, *Monday, April 10th*

Additional Resources/Activities:

- *School Counseling section of Sturgis website
- *College mini-fairs, *Tuesday and Thursday, October 18th & 20th*
- *Career Fair, *Thursday, April 13th*