



## East High School Counselor Testimonials

### Student Voices and Testimonials

- View the video [here](#) or <https://tinyurl.com/EHSSStudentVideo!> →



### Parent Testimonials

- *"I want to tell you that my husband and I are so very grateful to you for your tremendous support to our family. We have been blessed to have you be the counselor for our three children. You were so supportive all last school year when we lost a dear friend of the family. Your support was invaluable during our grief. Anytime I have a question or concern regarding my children's education, I don't hesitate to reach out to you because you are approachable and respond promptly. This gives my children, my husband and I great peace of mind and support that is so very appreciated. Thank you for your outstanding work ethic and compassion, and for being a blessing to my family and !!"* Parent- Patricia Wiberg
- *"You're one of the very BEST school administrators/counselors I have had the privilege of working with! You rock girl."* Parent-Jake Alvar
- *"We first met the counselor when we sought her advice for our son's 4 year plan as an incoming freshman. Since then, she's helped us find solutions for various, sometimes challenging, academic issues. She's been an invaluable resource as she's guided us through the entire college planning process. She also welcomed our daughter to the High School and helped make her feel comfortable as an incoming freshman. She counseled and helped us find the right support for her anxiety issues with academics. She's been with us as we've problem-solved AND celebrated throughout the 4 years my kids have been at East. She's been an integral part of our experience at East*

*My point isn't to simply describe the many ways in which the counselor does her job, even though that alone deserves recognition! But rather, to point out that she does it all in an Extraordinary way! She approaches her job with Superhero Energy, Expertise, and Enthusiasm. I have met few people, anywhere in my life, that have constantly gone above and beyond what is asked or expected. She is tireless, she is a wealth of information, and she is an invaluable asset to your staff and student body. She's been like our own personal magic genie, sometimes even a lifeline. And I know that she gives her "all" to every single one of her students and families. There has been no issue, big or small, that she can't address or find a solution for. She is a fundamental reason our collective High School experience has been so incredibly possessive and outstanding. That is not an overstatement. She is a standout person and she absolutely helped define and shape our High School experience.*

*As we near our son's final few months of being at East, and as we continue to navigate our daughter's upcoming junior and senior years, I felt I needed to let you know what a fantastically special person you have and what a tremendous job she is doing, day in and day out. I know everyone is working hard, especially this year, and you have many great staff. But I'd like to bring your attention to someone who is truly remarkable at her job. This counselor is one of a kind and a quintessential hero in her corner. I think it's important for you to know what a wonderful person you have, working so hard on your behalf- tirelessly, expertly, compassionately. We are all so incredibly grateful to have had this counselor as our champion and guide, and we hope you appreciate her as much as we do."* Parent Jennifer Burns



## **Family Testimonials**

- *“As a former High School Counselor, a parent of two high school students and someone who has worked closely with the East Counselors as a Career Center Coordinator and volunteer, I would like to advocate for their staffing to remain the same or increased to best serve our students. I have seen first hand that they work tirelessly in the interest of students' academic, social and emotional well-being. This past year, they have been formative as the trusted point people to help my daughter in a crisis one moment, while lifting her up to their greatest potential through leadership roles, SOS (Sources of Strength), scholarships, class management and college exploration the next. They wear a multitude of hats and have a breadth of knowledge for students on their unique path - not to mention for parents, staff and community connections.*

*The ASCA (American School Counselor Association) recommends a 250:1 ratio of students to school counselors. The national average for grades 9-12 ranges from 204:1 to 243.1 <https://www.schoolcounselor.org/About-School-Counseling/School-Counselor-Roles-Ratios> Currently, even with the temporary extra 1.8 FTE, East High School is 340:1. When caseloads are low, counselors have more time to get to know their students/families and facilitate their growing needs, including the mounting duties and paperwork to see this through. Dually, we have a better chance of retaining our wonderful counselors due to a more positive and supported work environment; this reduces the time it takes for system training and meeting their students, again. Counselor caseloads matter. Our counselors matter. Our students matter. Thank you for making this a matter of priority within the Duluth Public Schools for our community - now and in the future. Kind regards, Anya Powell & Norah (12th grade)”*

- *“Your role in our experience at East High School has been one of necessity for the success and wellness of our son through his high school years. Especially through the years of the pandemic, but even more important, the months and years following as students put their lives back together. The emotional effects of Covid will be showing up in our community and schools for years to come. Which is why your presence in our schools is more important than ever.*

*He has known you to be his ally since day one as he navigates the complexities of high school. From schedule changes, emotional support and college application questions and everything in between.*

*We believe that even the most dedicated counselors would be stretched too thin if there was a greater student to counselor ratio than there is now.*

*We feel that your role as his high school counselor has been an essential part of his high school career and helped prepare him for college. “*

*With gratitude,*

*Mary (parent) and Eli Schlotec (Grade 12)*

## **Faculty Testimonials**

- *“Having this many counselors in one building has been a noticeable game changer. Students have the opportunity to make appointments and have one on one sessions at their earliest convenience. I have contacted a counselor during the day and they have made room in their schedule immediately. The freshman group having one single counselor has been positively impactful. Having more people share the work only makes sense.” -Maggie Muller*