

School Counseling



Daniel Hand High School

Daniel Hand School Counseling Team

Jen Hawley: Counseling Coordinator

Deb Rossi: School Counselor

Kyle Heins: School Counselor

Cynthia Skarsten: School Counselor

Jourdan Milardo: School Counselor

Chrissy Coyle: College & Career Counselor



Overview



- What the School Counseling Department does
 - How we support students and families
 - School Counseling Communications
-

Scheduling

Polson Students

- Presentations in school by counselors to guide course selection.
- Panel of current DHHS students for Q& A

Out of district students

- Open house for OLM & Country School
- Presentation at Country School



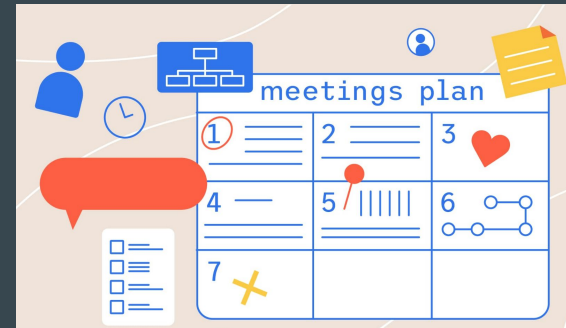
Grade 11/12

Juniors:

- Cooperate with Advisory Lessons
- Individual Student meetings to choose courses and discuss goals.
- Individual Family meetings to discuss Post High School Planning
- Provide individual on going support for academics and wellness.

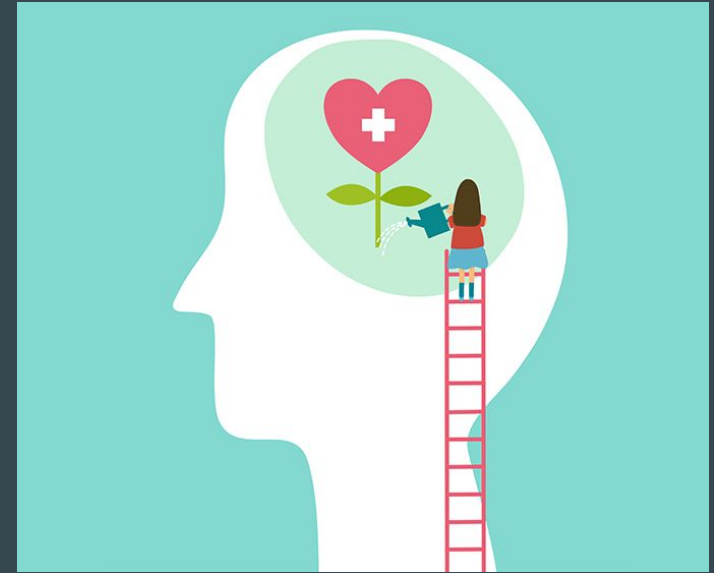
Seniors:

- Fall-Senior individual meetings to finalize post high school planning.
- Provide continuous support for applications for colleges, universities and employment throughout the year.
- Individual Exit meetings in the Spring to track plans and graduation.
- Provide individual on going support for academics and wellness.



Grade 9/10

- Introduction at Orientation in the Fall.
- Cooperate with Advisory Lessons for Mental Health. Meet in small groups to connect with students.
- Individual Student meetings to choose courses and discuss goals.
- Provide individual on going support for academics and wellness.



Junior Meetings

Junior meetings:

- Next steps after high school
- Transcript(s)
- Distribution of classes
- Letters of Recommendation
- College Essay
- School search using SchoolLinks

Post-secondary process (College, Work, Military, Ect)

- Visits from College Counselors, and recruiting officers begin in the fall and run through trimester one

School counseling newsletter & School profile:

<https://resources.finalsite.net/images/v1738858210/madison/sfaouywnptryyx0012wv/SchoolCounselingNewsletter.pdf>

https://resources.finalsite.net/images/v1728324929/madison/owjvghossaq6rme9y24s/DHHS_SchoolProfile.pdf



Common Application Workshops

- 2 dates and 2 sessions held over the summer
- 9:00 A.M. and 12:00 P.M. (2 hours each)
- Free of Charge
- Each session is capped at the first 20 students to register.

We create a profile, fill out all of the common application, add colleges, and go over the college essay.



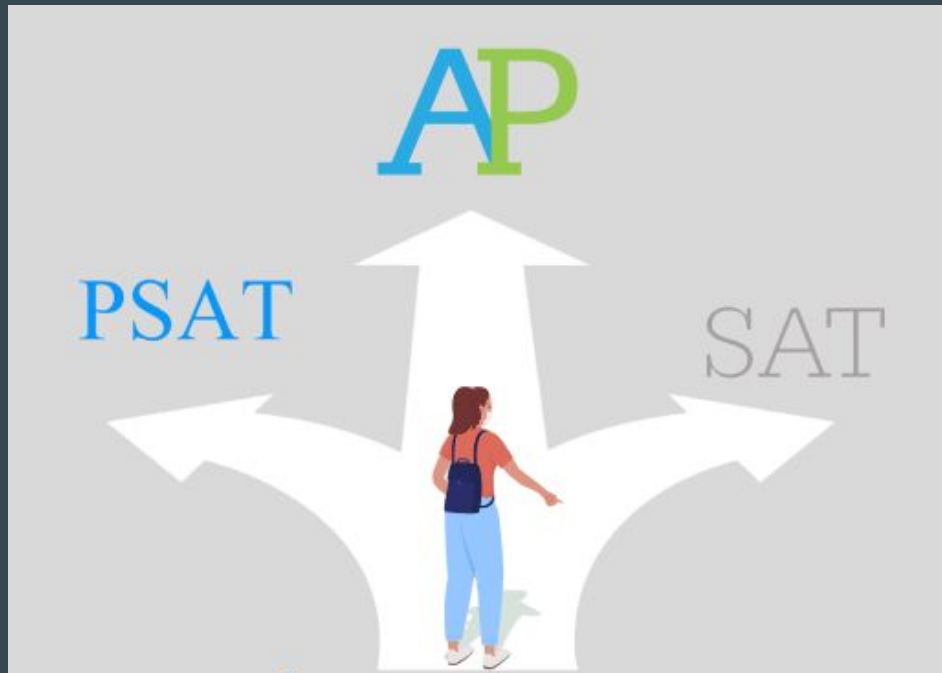
Communication

- Emails/Phone Calls
- PTO Meetings
- E-Notify
- Google Classroom
- School Website



Testing at DHHS

- AP Exams
- SAT
- PSAT



Student Support

- Emergency Support for Students
- Response to Securly and Student Concerns
- DCF Protocol Compliance and Student Safety
- BIMAS Rating Scale and Mental Health Support
- Student Support Team (SST)
- Attendance Committee



SchoolLinks & College Exploration

- Comprehensive College Search Tool
- Personalized College Recommendations
- Streamlined College Application Process
- Application Checklist and Deadlines
- Test Score Tracking
- College Fit Assessment
- Virtual College Tours and Events
- Collaborative Tools for Families and Counselors
- Career and Major Exploration



College & Career Exploration - Classroom Lessons

School Counseling Curriculum includes sessions for underclassmen with College & Career Counselor

- Support students with their exploration of college and career options
- Assist students in development of post-secondary goals
- Emphasis this year on connecting students to **SchooLinks**



❖ Grade 9

- Career Cluster discussion
- SchooLinks “Would you Rather” assessment to identify career clusters matching personality
- Explore career profiles of interest on SchooLinks

❖ Grade 10

- PSAT review
- SchooLinks Resume Builder
- Explore careers on SchooLinks

❖ Grade 11

- Junior year calendar/timeline
- College knowledge/lingo trivia game
- College Search and/or Career Search on SchooLinks

Field Trips and Guest Speakers

Field Trips

- Arburg
- Neck River Elementary School
- STEM Symposium
- Porter & Chester
- Electric Boat - application day
- Shoreline Medical Center
- Women in Engineering
- Manufacturing Careers Roadshow
- Sikorsky

Speakers

- CT Society of Civil Engineers
- Engineer (all types of engineering)
- Adventure EXP (gap year program)
- Electric Boat
- Meteorologist



Post-secondary planning events

- Career Expo 2/7/25
- Post Secondary Showcase 4/30/25
- Future Planning Day 5/16/25



JUNIOR WORKSHOPS

DEVELOPING YOUR COLLEGE LIST

OVERWHELMED BY THE NUMBER OF COLLEGE OPTIONS OUT THERE? NOT SURE HOW TO START THE SEARCH? WONDERING HOW YOU CAN FIND THE "RIGHT FIT" IN A COLLEGE? MEET WITH A COLLEGE COUNSELOR FOR TIPS AND ADVICE ON HOW TO DEVELOP YOUR COLLEGE LIST.

LINKEDIN

LINKEDIN IS A PROFESSIONAL SOCIAL MEDIA PLATFORM WHERE YOU CAN CONNECT, NETWORK, AND BUILD YOUR REPUTATION. LEARN HOW TO SET UP YOUR PROFILE, FIND JOBS, AND CONNECT WITH OTHERS IN YOUR FIELD.

INSIDE THE ADMISSIONS PROCESS

WONDERING WHAT HAPPENS BEHIND THE SCENES IN THE ADMISSIONS OFFICE? MEET WITH A COLLEGE COUNSELOR TO GAIN A BETTER UNDERSTANDING OF THE PROCESS AND HOW YOU CAN BE A MORE EFFECTIVE APPLICANT.

COLLEGE ESSAY

AN ESSAY IS AN IMPORTANT PART OF THE COLLEGE APPLICATION. AN ADMISSIONS COUNSELOR WILL OFFER GUIDANCE ON HOW TO WRITE A GREAT COLLEGE ESSAY. THIS IS AN EXCELLENT OPPORTUNITY TO LEARN ABOUT WHAT TO DO AND WHAT NOT TO DO WHEN WRITING THE ESSAY.

FINANCIAL AID

AN ESSAY IN THE HANDBOOK WILL TALK ABOUT HOW TO APPLY FOR COLLEGE. WE'LL HELP BREAK DOWN THE COMPLEX UNDERSTANDING OF THE FINANCIAL AID PROCESS. IF YOU WANT TO LEARN HOW THE COLLEGE AID PROCESS WORKS, IF YOU ARE UNCLEAR AS TO HOW TO APPLY FOR AID, AND/OR IF YOU WANT TO KNOW WHAT TYPES OF AID ARE AVAILABLE, CHOOSE THIS WORKSHOP.

STANDARDIZED TESTING

SAT ACT AND ITS DIFFERENCES WHEN SHOULD TAKE THESE TESTS? AND THE TESTS REQUIRED? HOW SHOULD I PREPARE AND STUDY? SELECT THIS SESSION TO HEAR THE MOST UP-TO-DATE INFORMATION AND GET SOME SUGGESTIONS ON HOW TO EARN SCORES THAT BEST REFLECT YOUR ABILITY.

COMMON APPLICATION

THE COMMON APPLICATION IS A COLLEGE APPLICATION FORM THAT MORE THAN 1,000 COLLEGES ACCEPT. CHOOSE THIS WORKSHOP TO GET A DEEPER UNDERSTANDING OF THE COMMON APPLICATION, INCLUDING HOW TO FILL IT OUT, HOW TO WRITE YOUR ESSAY, AND HOW TO CHECK FOR ERRORS. CHOOSE THIS SESSION IF YOU WANT TO LEARN ABOUT THE COMMON APPLICATION AND HOW TO FILL IT OUT.

THE ROAD TO SUCCESS

IF YOU ARE FEELING OVERWHELMED BY THE POST-SECONDARY PROCESS, CHOOSE THIS WORKSHOP TO LEARN ABOUT THE ROAD TO SUCCESS. WE'LL DISCUSS THE IMPORTANCE OF SETTING GOALS, THE IMPORTANCE OF ASKING FOR HELP, AND THE IMPORTANCE OF STAYING POSITIVE. CHOOSE THIS SESSION IF YOU WANT TO LEARN ABOUT THE ROAD TO SUCCESS.

TIME MANAGEMENT

DO YOU KNOW THAT CURRENT SCHEDULES ARE OVERWHELMING? POST-SECONDARY LIFE CAN BE VERY BUSY. CHOOSE THIS SESSION TO LEARN HOW TO MANAGE YOUR TIME AND HOW TO BE A SUCCESSFUL STUDENT.

ADVICE FROM DINKS GRADS

HEAR FROM SOME DINKS GRADS ABOUT THEIR EXPERIENCES IN COLLEGE AND APPLYING TO COLLEGE. THEY'LL DISCUSS THINGS THAT ARE GLAD THEY DID AND WHAT THEY WOULD HAVE DONE DIFFERENTLY. YOU'LL LEARN ABOUT THE TRANSITION TO COLLEGE LIFE AND WHAT TO EXPECT. ASK THEM ANY QUESTIONS AS THEY'LL BE GLAD TO HELP YOU GET READY.

COLLEGE ATHLETICS: ELIGIBILITY & RECRUITMENT

IF YOU ARE INTERESTED IN COMPETING IN COLLEGE ATHLETICS, YOU'LL NEED TO KNOW ABOUT THE ELIGIBILITY REQUIREMENTS AND THE RECRUITMENT PROCESS. LEARN ABOUT SOME OF THE CHALLENGES AND REWARDS ASSOCIATED WITH COMPETING IN COLLEGE ATHLETICS.

RESUME WRITING

HAVE YOU HEARD OF A RESUME, BUT WONDER WHAT IT IS AND HOW TO WRITE ONE? YOU WILL LEARN HOW TO WRITE A RESUME THAT WILL HELP YOU GET THE JOB YOU WANT. CHOOSE THIS SESSION IF YOU WANT TO LEARN ABOUT RESUME WRITING AND HOW TO GET THE MOST OUT OF YOUR RESUME.

MANAGING STRESS

PLANNING FOR THE FUTURE CAN BE OVERWHELMING AND MANY OF US STRUGGLE WITH IT. YOU'LL LEARN HOW TO MANAGE YOUR STRESS AND HOW TO GET THE MOST OUT OF YOUR FUTURE. CHOOSE THIS SESSION IF YOU WANT TO LEARN ABOUT MANAGING STRESS AND HOW TO GET THE MOST OUT OF YOUR FUTURE.

TRADE/TECHNICAL SCHOOL OPTIONS

DOES THE IDEA OF WORKING IN A TECHNICAL FIELD SUCH AS CARPENTRY, ELECTRICIAN, WELDING, AUTO MECHANIC, OR OTHER TRADES INTEREST YOU? IF YOU WANT TO LEARN ABOUT THE BENEFITS OF TRADES AND TECHNICAL EDUCATION, CHOOSE THIS SESSION.

Daniel Hand High School

Post Secondary Showcase

Wednesday, April 30
6:00 - 7:30pm
Gym and DAH

Join us for an opportunity
to talk to representatives
from colleges, universities,
technical schools and the
military

Students and families
from all grades are welcome

Community Partnerships

Continue development of community partnerships for experiential learning opportunities

- Building network- ongoing initiative
- Mentors needed
 - Job shadow, internship hosts
 - Guest speakers
 - Career Expo volunteers



Questions?



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