

## Meet the Counselors!

Carissa Hajdasz— School Counselor for Grades 9 & 10  
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Pete Scialdone— School Counselor for Grades 11 & 12  
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Terri Thoden— Guidance Secretary

P. 315-839-6337

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## What do we do here?

- Responsive Services
  - Individual counseling
  - Individual/family/school crisis intervention
  - Peer facilitation/support
- Individual Student Planning
  - Goal setting
  - Academic planning/scheduling
  - Career planning
  - Problem solving
  - Transition planning
  - Education in understanding of self, including strengths and weaknesses
- Referrals to outside agencies and school support personnel

Luanne Miner— School Social Worker  
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Suzanne McKeon-Pauley— School Psychologist  
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*"High school years are full of growth, excitement, frustration, disappointment, and hope. It is the time when students begin to discover what the future holds for them. High school counselors enhance the learning process and promote academic achievement. School counseling programs are essential for students to achieve optimal personal growth, acquire positive social skills and values, set appropriate career goals and realize full academic potential to become productive, contributing members of the world community." American School Counselor Association, 2008*

### Don't forget to visit our web page for:

- Important Dates and Deadlines
- Graduation Requirements
- College Planning Timeline
- Course Descriptions
- SAT & ACT information and registration
- College Searches
- Financial Aid Information



Search: **Sauquoit HS Guidance**



## SAUQUOIT VALLEY HIGH SCHOOL SCHOOL COUNSELING OFFICE

2601 Oneida St.  
Sauquoit, NY 13456  
P. 315-839-6337  
F. 315-839-6397  
www.svcsd.org



SAUQUOIT VALLEY HIGH SCHOOL

## School Counseling Services

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## Counseling Services

### When should I contact my school counselor?

#### Students:

- ◆ When you need to talk to someone about a problem/situation
- ◆ At the beginning and end of every school year to plan your schedule and discuss post-secondary options (life after high school!)
- ◆ When you are having trouble with your school-work
- ◆ If you are concerned about a friend
- ◆ If you need to change your schedule
- ◆ For state and college testing information

#### Caregivers:

- ◆ When you are concerned or have questions about your student's academic, career, or personal/social development

#### Academic Development

- Post-secondary planning (College, military, work-force..)
- Course selection advising
- Graduation/Diploma requirements
- BOCES (New Visions, Tech Programs etc.) information
- Testing information/scheduling (PSAT/SAT/PLAN/ACT)
- Scholarships
- MVCC College Connections

#### Career Development

- Career assessments (CareerZone)
- Career and occupational information
- College information (planning, college visits, application process)
- BOCES (New Visions, Tech Programs etc.) information

#### Personal/Social Development

- Individual counseling
- Goal-setting and coping skills
- Crisis intervention

### HOW DO I SEE MY SCHOOL COUNSELOR?

**Students: We have an open door policy. Just stop in!**  
**Office Hours are 7:30 AM - 3:00 PM.**

**Caregivers: Please call to set up an appointment with your student's school counselor**

