

FHUHS School Counseling Newsletter

Nov. 4, 2011
Volume 4, Issue 1

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Director of Guidance - Karen Roddy



Guidance Office News

Welcome Back to School!

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Upcoming Events

- ◆ Nov. 11th - Veteran's Day No School
- ◆ Nov. 17th Parent-Teacher Conferences
- ◆ Nov. 23rd to Nov. 25th Thanksgiving Recess
- ◆ Dec. 9th Castleton December Decision Day for Senior Interviews (see your school counselor for info)
- ◆ Dec. 13th PLAN testing for Sophomores

The Guidance Office would like to welcome Ms. Karen Roddy as our new Director of Guidance. She has had extensive experience in the teaching and counseling field, most recently coming to us from North Carolina State University. She is looking forward to meeting with families and community members.

In this edition of the Newsletter, we have topics regarding CCV's "Introduction to College" course and the PLAN test, college application tips and ways to seek a career that is interesting and enjoyable. Although it's listed under the Freshmen News (pg.2), there are some tips for success at the high school that can be used by all students.

The Nurse has Cold and Flu Season tips to stay healthy. Our SAP Counselor wants awareness raised regarding the abuse of prescription medication. He has provided an article about these concerns.

We had a great school presentation by Katie L. Greer on Internet Safety and Cyberbullying. She presented to the students, faculty and parents. For those of you that missed the parent presentation, you can find more information on her website at www.klgreer.com

To keep a good eye on academic progress, make sure you are checking Edline on a regular basis. Edline accounts are for both parents and students. If you have not activated your account, let us know and we will provide the code to get you started.

We are looking forward to another successful year. If there are any questions, concerns or comments, please contact us by phone at 265-3636 or email listed on page 2.

We're on the Web!
<http://fhuhs.org/departments/guidance/>



*Welcome to the
2011-2012 school year!*

**“The purpose of
education is to
replace an
empty mind
with an open
one.”**

Malcolm S. Forbes

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Freshmen

Steps for Success This Year

- ❖ **Be responsible** - Make good choices like completing classwork and homework, as well as choosing to follow school rules, it will help set the tone for a successful high school career.
- ❖ **Have clear communication between home and school** - talk with teachers, log onto your Edline account, parents have their own account and can call or email teachers regularly
- ❖ **Be timely** - show up to school and class on time and get work in on time. Not being in class, you often miss information needed for the work which can cause frustrations, missed assignments and lower grades.
- ❖ **Meet with your counselor often** - from grades to career planning to personal situations, your school counselor can help you be successful in high school and beyond.

Sophomores

The Sophomores will be taking the PLAN test on December 13th. This is a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years. PLAN can help all students—those who are college-bound as well as those who are likely to enter the workforce directly after high school. For more

information go to
<http://www.act.org/plan/>

Sophomores will be attending a field trip to Stafford Technical Center in February. They will be able to visit several different technical programs, many of which have articulation agreements and dual enrollment options with Vermont State Colleges, which allow students to earn college credits while attending the technical center. More information will be coming soon.

Juniors

Introduction to College Studies (ICS) through CCV.

This is a free class that helps you decide whether college fits into your future and prepares you for the transition from high school to college. Once you complete the course, you can apply for a voucher for a free college course.

<http://www.gotocollegevt.org/whats-ics/>

Spring 2012 Dates:

At CCV in Rutland:

Mondays Jan. 30th to April 23rd
3:30 - 5:30

Mondays Jan. 30th to April 23rd
6:00-8:00

Tuesdays Jan. 31st to April 24th
3:30 - 5:30

At Castleton State College:

Wednesdays Feb. 1st to April 25th
4:00 - 6:00

Seniors

Many of you are beginning to feel the pressure of making post-secondary plans. College essays and applications or search for suitable employment and creating a resume is one more thing to add to your busy lives. However, this is not the time to procrastinate or settle for “good enough.” You need to stay focused and remain committed to your goals.

- ❖ Practice interviewing (for employment or for college)
- ❖ Don't wait to make contacts with perspective employers
- ❖ Do your best when writing the essays
- ❖ Don't delay on application deadlines

Put your future first!



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Nurse's News

Cold and Flu Season Tips:

- Be sure to get your flu vaccine
- Good hand washing can prevent a large percentage of infections
- Good nutrition also helps to make sure your immune system is functioning optimally
- Dress for the colder weather
- If you are sick with the flu, stay home so you don't transmit the virus to others
- Colds take a couple of weeks to run their course and usually travel from location to location (nose, throat, chest), try to have some comfort measures on hand and push fluids (viruses last longer in a body that is dehydrated)

Counselor's Corner

Prescription Drug Abuse Becoming Crisis in Vermont, State Officials Say

Vermont officials say prescription drug abuse in the state is becoming a crisis. They are quickly trying to find ways to address the growing problem.

According to the [Burlington Free Press](#), in 2010 more people were prosecuted in federal court in the state for illicit trafficking of oxycodone and other prescription opioids than for any other drug. Last year, prescription opioids accounted for more than half of the fatal drug overdoses in Vermont, for the sixth straight year. Vermont ranks only second to Maine in per-capita admissions for treatment for addiction to prescription opioids, the article notes.

One-quarter of cases brought before Vermont's Medical Practice Board in the past five years involve claims about physicians improperly prescribing opioids to patients or family members, or over-prescribing opioids to themselves, the newspaper reports. While Vermont had the most per-capita consumption of buprenorphine, a drug used to treat opioid abuse, the state does not have enough physicians willing to prescribe the drug.

Last month the state Health Department implemented emergency rules aimed at coordinating medication and counseling treatment for people addicted to opioids who are receiving the commercial version of buprenorphine, Suboxone, from doctors on an outpatient basis.

Governor Peter Shumlin told the newspaper that a team of top advisers is instituting a plan that includes improvements to prevention, treatment and recovery programs. He said he wants to allow law enforcement greater freedom in pursuing physicians and others who may be improperly prescribing opioids.

Earlier this week, the Burlington Free Press reported that [abuse of Suboxone is a growing concern](#) among Vermont corrections officials. Vermont Corrections Commissioner Andrew Pallito told the newspaper that Suboxone is the most common form of an illegal drug seized as contraband within the state's correctional facilities.



Resources

www.collegeboard.com

College-Bound

Tips for the college application process:

- * **Finding the right college to apply to isn't as difficult as you may think.** Do a little self reflection and make your choices based on what you value in an education and lifestyle. Does the school offer the sports or extra-curricular activities you enjoy? Are you comfortable with the location and size of the college? Don't use someone else's "top list" of colleges. **THE TOP COLLEGE IS THE ONE THAT'S BEST FOR YOU.**
- * **Get organized.** Keep track of different colleges' requirements and deadlines.
- * **Work ahead of deadlines.** Make sure all of your application materials are ready to submit at least two weeks prior to the deadline.
- * **Meet with college representatives.** Many representatives visit Fair Haven Union High. (See the list <http://fhuhs.org/departments/guidance/college-visits/>) Many colleges have Open Houses or college admissions information sessions. Either way, put a face to your application by participating in these events.
- * **Ask for letters of recommendations NOW.** Teachers and school counselors need time to prepare a good reference letter. If you haven't asked teachers or turned in your Senior Autobiography to your school counselor, you should do so as soon as possible.
- * **Keep up with your school work.** With all of your obligations, (college applications, extracurricular activities, work, etc.) you may be tempted to let your school work slide. **DON'T.** Your hard work and efforts in your classes this year will be looked at just as much as previous years. Keep up your grades and get accepted to those colleges you are trying so hard to get into.



Internship Resources

www.internjobs.com

<http://www.collegeboard.com/student/plan/high-school/8382.html>

Career Connections

Seek a career in a field that you find appealing

Liking a particular type of occupation isn't essential to obtain a position, but it's helpful in order to keep it. If you don't like doing the work, it makes it more difficult to show up to everyday. There are ways to determine if a certain career is something you will enjoy before gaining employment.

- ❖ Find ways to learn about the field/job - look for internship or job shadowing opportunities
- ❖ Be honest with yourself about your likes and dislikes - if you don't like standing in one place all the time, don't apply for a cashier position just because the pay is good
- ❖ Not all of the activities involving a certain vocation is fun - expect to work hard, but if you like the field, it will be much easier.