

**GUIDANCE
DEPARTMENT
PROGRAMS
&
SERVICES**

Abington Secondary Schools

A Letter of Introduction to Students and Parents

Dear Students and Parents:

This handbook outlines the programs and services offered by the **Guidance Department** at Abington High School and Frolio Middle School. These programs and services are intended to assist parents and students in dealing with some of the major issues, questions, and problems they may encounter during their secondary school years. Because many of our programs are grade specific, much of the handbook is organized around grade levels. We recognize that students may confront problems and reach points of readiness and decision-making at different times depending on their own development and circumstances.

Middle school and high school are new experiences for students and their parents. The schools are larger, the curriculum more diverse, and the social and emotional issues facing students are different from earlier years. Choices that students make during secondary school years will have an impact on their future after high school. What courses students take, how they use their time, and how well they do in school will have a great effect on the kinds of choices available to them after graduation. Thoughtful planning with regard to academic and extra curricular activities will help students make the best use of resources available to them. Decisions students make in personal and social situations can also have an impact on their development as individuals. The Guidance Department can help students and their families with these issues. There is no substitute, however, for on-going parental involvement in a student's education.

Members of the guidance staff encourage parents to contact us to discuss any questions or concerns they may have related to their adolescent's school success.

Sincerely,

Kristin Ferioli
Guidance Director 7-12 982-2165

Christina Sweeney
Counselor, Abington High School 982-2165

Sarah McGinness
Counselor, Abington High School 982-2165

Caroline McDermod
Counselor, Frolio Middle School 982-2172

GUIDANCE DEPARTMENT GOALS

1. Support each student in the development of a positive assessment of self.
2. Assist with the academic and personal transition from elementary to middle school and from middle school to high school.
3. Promote a realistic plan of action for Future college and career success.

GUIDANCE PROGRAMS

6th GRADE - TRANSITION TO MIDDLE SCHOOL

Group transition sessions at the elementary school

Group tours at Frolio

Parent evening for grade 6 parents

7th GRADE - ORIENTATION/TRANSITION/CAREER EXPLORATION and EARLY COLLEGE AWARENESS

Group orientation meetings

Career interest inventory and early college/vocational school awareness

Character education presentations

8th GRADE - HIGH SCHOOL PLANNING and ENRICHMENT OPPORTUNITIES

Group orientation meetings

South Shore Voc Tech School group presentations to classes

South Shore Vocational Tech tour

Parent evening for 8th grade parents and students at Abington High School

Project Contemporary Competitiveness group presentation

Individual meetings for high school course selections

Character education presentations

GUIDANCE PROGRAMS

9th GRADE - ORIENTATION / TRANSITION PROGRAM

Freshman Orientation

Guidance Classroom workshops

Course selection groups

10th GRADE - CAREER GUIDANCE PROGRAM

Introduction to Naviance – Personality/Career surveys

Course selection group

11th GRADE - POST-SECONDARY PLANNING PROGRAM

College Mini-Fairs

PSAT scores mailed home with interpretation

Course selection groups

Post-secondary planning groups using the Naviance program for the college and career search

12th GRADE - TRANSITIONS AND DECISION-MAKING PROGRAM

Workshops utilizing technology for college planning, career exploration and the application process

College Mini-Fairs

Individual meetings for post-secondary planning
Family post-secondary planning conferences (optional)

Financial aid night

Services available to all students and parents, as needed

- Educational and career planning and counseling
- Registration, scheduling and orientation of new students
- Review of student's educational progress
- Modification of student schedules
- Information about and referral to community resources
- Dissemination of information and consultation with parents
- Student/teacher/parent conferences
- Short-term personal counseling
- Information about and referral to community mental health services
- Evening Hours by appointment

Sixth Grade - Orientation/Transition

The Guidance program for Grade 6 students centers around the transition to middle school with an emphasis on providing information about what to expect and addressing any student concerns about middle school.

MEETINGS AT THE ELEMENTARY SCHOOLS

- First Meeting: Guidance Counselor presents slide show with pictures and information about Frolio Middle School.
- Second Meeting: Guidance Counselor brings Frolio Student Council members for a Question and Answer session with 6th graders.

MEETINGS AT FROLIO SCHOOL

- Grade 6 students come to Frolio School for a school tour and talk with teachers.
- Parent Evening for parents of Grade 6 students

INDIVIDUAL SERVICES

Parents of Grade 6 students are encouraged to call Frolio Guidance or arrange an appointment if they have any questions regarding their child's transition to Frolio.

Seventh Grade - Orientation/Transition Career Exploration

The seventh grade group presentations will emphasize orientation/transition issues during the early part of the year. This is followed by the beginning of Career Exploration which will continue through middle school level and high school level.

ORIENTATION GROUP MEETINGS

Group discussion of transition to middle school, involving review of school activities, school forms (progress report, report card), review of resources available in Guidance and review of group Guidance activities to take place during the year.

CAREER EXPLORATION

Administration of Career Cruising Interest Inventory

COLLEGE AWARENESS

Opportunity given to research various careers and college/vocational options

INDIVIDUAL SERVICES

In addition to the above group meetings, seventh graders are encouraged to:

- Meet with counselor re: academic and scheduling issues
- Meet with counselor re: problems of a personal nature
- Parents are encouraged to contact guidance counselor throughout the year with any questions or concerns or to schedule a meeting with counselor or teacher.

Eighth Grade -High School Planning/Enrichment

Grade 8 guidance group activities focus on planning for high school and summer enrichment opportunities.

ORIENTATION GROUP MEETINGS

Group discussion involving review of school activities, review of resources available in Guidance and review of group Guidance activities to take place during the year.

HIGH SCHOOL PLANNING

- Group presentations re: South Shore Voc Tech and tour of South Shore Voc Tech
- Group sessions for explanation of courses and classes at Abington High School and assistance with selection of courses
- Parent evening at Abington High School on the topic of courses and extracurricular activities
- Grade 8 Abington High School transition activity

ENRICHMENT OPPORTUNITY

Project Contemporary Competitiveness group presentation and application processing

INDIVIDUAL SERVICES

In addition to the above group meetings, 8th graders are encouraged to:

- Meet with counselor re: academics and scheduling issues
- Meet with counselor re: problems of a personal nature
- Parents are encouraged to contact guidance counselor throughout the year with questions or concerns or to arrange a meeting with counselor or teachers

Ninth Grade - Orientation/Transition Program

Abington High School freshmen will participate in the Orientation/Transition Program. During the Freshman year the program concentrates on making a positive adjustment to high school. Small group sessions are held for freshman to meet with counselors to do the following:

ORIENTATION GROUPS

- Discuss their transition to the high school
- Obtain information about appropriate extra-curricular and/or athletic activities
- Review resources available in the Guidance Department and how to seek help if needed
- Review graduation requirements and understand the role grades will play in future college/career planning

COURSE SELECTION GROUP

Review progress in meeting graduation requirements and select courses for the sophomore year

INDIVIDUAL SERVICES

In addition to attending the above group meetings freshmen are encouraged to make use of the following guidance and other services as needed:

- Meet with counselors, when appropriate, to review and adjust the current schedule
- Meet with teachers throughout the year should the need arise for additional help and to use the academic resource centers when appropriate
- Meet with their guidance counselor should problems of an academic or personal nature arise

Parents are encouraged to contact teachers, guidance counselors or the school psychologist with questions or concerns that might arise during the school year.

OPEN HOUSE

Parents are encouraged to attend this evening meeting to meet their child's teachers and discuss transitional issues facing many ninth graders

Tenth Grade - Career Guidance Program

During the sophomore year the emphasis is placed on exploring career interests and the world of work. Equally important is the continuation of a relevant and challenging academic program in preparation for future endeavors. Students should be encouraged to continue participation in or begin involvement with meaningful extra-curricular and community activities.

CAREER EXPLORATION

Students will have the opportunity to take a personality profile assessment and a career interest inventory using the Naviance program. Results are reviewed with their guidance counselor in the workshop and can also be viewed at home through the web based program.

COURSE SELECTION GROUP

Counselors review progress in meeting graduation requirements and assist students in selecting courses for the junior year.

INDIVIDUAL SERVICES

In addition to attending the above group meetings sophomores are encouraged to make use of the following guidance and other services as needed:

- Meet with their counselor, when appropriate, to review and adjust their schedule and to discuss extra-curricular opportunities.
- Meet with their guidance counselor as needed to discuss personal, social and/or academic issues.
- Parents are encouraged to contact teachers or guidance counselors with questions or concerns throughout the school year.

Eleventh Grade - Post-Secondary Planning

As students reach the halfway mark at Abington High School, the emphasis is on supporting students and their parents as they begin post-secondary planning. Parents and students should carefully read the monthly Parent's Newsletter and Guidance Department News to assure that they do not miss important information about critical junior issues such as PSAT dates and college mini-fairs. PSAT scores are mailed home in December and a booklet entitled **Future Planning Guide** is distributed in January. These serve as the basis for students to begin planning for after graduation. The post-secondary planning groups described below provide both detailed and general information for all juniors and their parents and all are encouraged to attend. Families are also encouraged to schedule a conference with their son's/daughter's counselor to evaluate their academic record and to discuss options for their future. Evening hours are available by appointment for parents unable to meet with counselors during school hours.

COURSE SELECTION GROUP

Counselors review progress in meeting graduation requirements and assist students in selecting courses for the senior year.

CAREER AND COLLEGE EXPLORATION

Juniors attend the college mini-fairs in the fall where numerous college representatives are available to answer questions about their colleges.

Course selection - group meetings that focus on course selection for senior year, including graduation requirements and preparation for college and/or the world of work.

Post-secondary planning groups - group meetings focus on resources in the guidance department, criteria for college selection, alternative options and college admissions criteria. Students are encouraged to set up individual appointments with counselors. Parents are also welcome to make appointments with their son's/daughter's counselors.

Junior College/Career planning workshops - group meetings in Spring where students use their Naviance account to begin the college search. Students are encouraged to research admission criteria to begin a list of schools or programs they are interested in. The college visit is discussed and strongly recommended. Other topics covered include testing, college options, and work opportunities. Students are again encouraged to set up individual appointments with their counselors to review their individual plans.

Twelfth Grade - Transition and Decision-Making

In the senior year post-secondary planning is the primary focus. Seniors must meet graduation requirements and formulate their plans for after high school. The Guidance Department has a number of resources to assist students in these areas. Seniors should make appointments with their counselors to monitor their progress. Parents and students should meet with the counselor, as needed. It should be realized however, that seniors are expected to take responsibility for their plans by following through on the appropriate tasks listed below.

Counselors are available to help students:

- Review their schedules and credit status in order to meet graduation requirements and maintain a solid program all year.
- Make plans for after graduation.
- Arrange to visit colleges, college fairs, armed service offices, or places of employment to gather information for future plans.
- Register for SAT Reasoning test or SAT Subject test examinations as necessary in October, November, December or January.
- Obtain teacher and counselor recommendations if needed for college applications.
- Meet college admissions representatives, armed services representatives or employment personnel who may visit the high school on occasions such as the college mini-fair days.
- Request transcripts and recommendations to be sent to colleges and/or prospective employers by filling out the student consent forms.
- Apply for state/federal financial aid .

Evening Meetings

Guidance counselors are available for Evening appointments for parents and students.

8th Grade Parent/Student info night

Financial aid seminar (seniors/parents)

College Admission Night (juniors/parents)