

Morris Knolls High School School Counseling Staff



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Morris Knolls High School

Child Study Team Staff



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Leah Jeffery Interim - Fran Plain

School Psychologist

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“Everybody thinks their kid is beyond taking drugs...nobody’s beyond it”.

- A Mom in Troy, Missouri

Student Assistance Counselor

- ★ **Work in conjunction with the families and students experiencing difficulties with substance abuse issues by connecting them to available community resources**
 - **Provide services in schools such as: prevention, education, identification, referral, and in-school support**

- ★ **Provide support to families, administration, and staff for students struggling academically, due to social-emotional/mental health issues (peer pressure, relationship difficulties, family problems, depression, self-esteem, etc.)**

- ★ **Works with the student following strict confidentiality rules unless student is a danger to self or another person(s)**

- ★ **Serves as a member of the high school support teams, assisting with staff development**

- ★ **Serves as the Anti-Bullying Specialist and Case Manager for Medical 504 plans for Morris Knolls High School**





College Planning Goals

FRESHMAN YEAR

- Enjoy school! Not only as a prelude to college, but as a place where you are developing as a student and as a person.
- Establish strong study habits and time management techniques.
- Develop a reading plan that includes newspapers, magazines, and books.
- Work to enhance your reading and writing abilities and vocabulary proficiency.
- Learn how to utilize library, computer, and internet resources.
- Keep your grades up and use your planner!
- Seek help when faced with academic challenges, talk with teachers and counselors. Take advantage of extra help sessions or peer tutoring services available through the school and School Counseling Department.
- Become involved in extracurricular and community service activities. Make an honest commitment to your activities.
- Think about your interests and how those interests might translate into major and/or career options. Keep your options open by investigating many possibilities.
- Plan your sophomore year schedule with care. Take classes appropriate for you. Push yourself, but know your limits. Colleges look carefully at your courses, not just your grades. A strong college preparatory program balanced with English, mathematics, science, social studies, world languages, and elective courses is important.
- Pay attention to what friends and others are saying about their college experiences. Think about your own goals for college.
- Consider an interesting summer job, travel, summer study, or volunteer experience.



TOP 6 STRENGTHS AND EXPERIENCES COLLEGES LOOK FOR IN A HIGH SCHOOL STUDENT

1. *A high school curriculum that challenges the student.*

Academically successful transcripts should include several Honors and Advanced Placement (AP) or International Baccalaureate (IB) courses.

2. *Grades that represent strong effort and an upward trend.*

Grades should show an upward trend over four years. Slightly lower grades in rigorous courses are preferred to all A's in less challenging coursework.

3. *Solid scores on standardized tests.*

Test scores should be consistent with high school performance.

4. *Passionate involvement in a few activities, demonstrating leadership and initiative.*

Depth, not breadth of experiences is most important.

5. *Community service showing evidence of being a "contributor."*

Activities should demonstrate concern for other people and a global view.

6. *Work or out-of-school experiences (including summer activities) that exemplify responsibility, dedication, and development of areas of interest.*

Work or other meaningful use of free time can demonstrate maturity.

Colleges are looking for a well-rounded student body consisting of unique students who can bring diversity to the campus.



Freshman Parent to Counselor **“Getting Acquainted”**

Please take a moment to share with us any information that you believe might be helpful in working with your student over the next four years.

Student Name: _____ **Counselor Name:** _____

Parent/Guardian Name: _____ **Parent/Guardian Email:** _____

Parent/Guardian Name: _____ **Parent/Guardian Email:** _____

Upperclassmen Sibling(s): _____