

COUNSELOR CONNECTION

This is the second edition of the 2023- 2024 DFHS School Counseling newsletter. Our newsletters will provide an update about what is happening in the counseling department as well as important information about upcoming events!

COUNSELOR SPOTLIGHT



SCHOOL COUNSELING TEAM

MS. PROPERSI: PROPERSIM@DFSD.ORG

MR. PALMER: PALMERW@DFSD.ORG

MS. LEVY: LEVYM@DFSD.ORG

MS. TAPIA: TAPIAM@DFSD.ORG

OFFICE ASSISTANT:

MS. HELGESEN: HELGESEND@DFSD.ORG

* IF A PARENT/GUARDIAN IS REQUESTING AN
APPOINTMENT, PLEASE CALL THE OFFICE
(914) 693-7647 TO SCHEDULE.

GET TO KNOW MS.LEVY

Q: WHAT WAS AN ACTIVITY YOU PARTICIPATED IN
WHILE IN HIGH SCHOOL?

A: Theater and marching band.

Q: WHAT IS YOUR FAVORITE HOBBY?

A: Cooking and baking.

Q: WHAT IS SOMETHING YOU CANNOT LIVE WITHOUT?

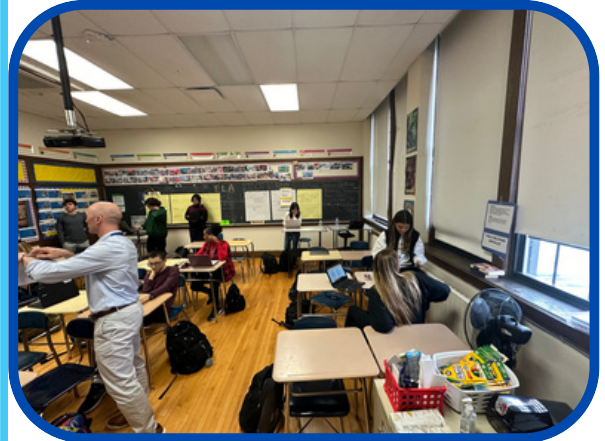
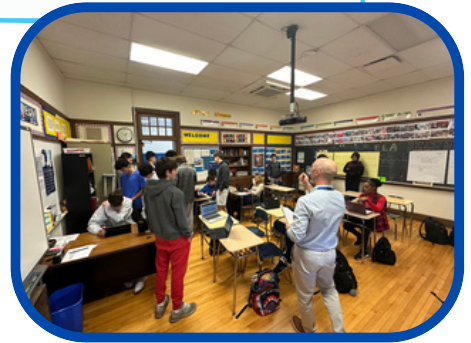
A: My Peloton bike.

Q: WHAT IS YOUR FAVORITE THING ABOUT DOBBS FERRY?

A: The small community feel!

CAREER INTEREST

Counselors presented in the 10th and 11th grade classes to deliver a lesson that focused on career exploration. The “True Colors” assessment allowed students to have a better understanding of how their personality traits can align with future careers interests. Students worked together in groups to research a career that matched their “True Color”. In addition, we discussed how course selection and co-curricular club involvement could strengthen their personal achievement and experiences.



COLLEGE PANEL

In January, the counseling department hosted the 4th annual Evening College Panel Night. Admissions counselors from the following institutions joined us:

Binghamton University, George Washington University, Iona University, University of Michigan, University of South Carolina and Westchester Community College.

The panelists shared information on topics related to the college search and selection, components of the application, and essay. We encourage all students and families to watch if they have not had the opportunity to do so yet!

[2024 College Panel Recording](#)

Upcoming Events!

POSTSECONDARY PLANNING CONFERENCES

Beginning in February, school counselors will be available to meet with each 11th grade family individually to discuss postsecondary options. Both in-person and virtual meetings are available during the school day and will last for one academic period (44 minutes). All appointments must be scheduled with Denise Helgesen, office assistant, by email at: helgesend@dfsd.org or calling 914-693-7647

COURSE SELECTION

Course selection for the 2024-2025 school year is almost here! All rising 10th, 11th, and 12th graders will begin the course selection process in February when the Course of Study Guide is published. Teachers will make course level recommendations and families will have the opportunity to review them and make individual requests. During February and March students will then meet with their school counselor to finalize the course registration process. All choices must be finalized by the end of March.

DFHS Senior Internship

Dobbs Ferry High School participates in a Senior Internship. This is an opportunity for seniors to explore their own interests and potential career paths outside of the classroom. Students will spend six weeks in the field gaining meaningful, practical experience and learning new skills. For any questions about senior internship, please contact Ms. Evans evansk@dfsd.org.



MENTAL HEALTH RESOURCES

NYS MENTAL HEALTH AND WELLNESS INFORMATION

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI): [NAMIWESTCHESTER.ORG](https://www.namiwestchester.org)

Trained staff answer calls and provide information about mental health resources in Westchester. Call (914) 592-5458 Helpline, 9am-2pm, Monday-Friday

NEW YORK STATE OFFICE OF ADDICTION SERVICES AND SUPPORTS(OASAS): [OASAS.NY.GOV](https://www.oasas.ny.gov)

Provides information and access to prevention, treatment, and recovery services for alcohol and other substance use disorders and problem gambling. Call (877) 846-7369 or text HOPENY (467369) for help 24 hours a day.

STUDENT ASSISTANCE COUNSELOR

In February, the Dobbs Ferry Youth Services Coalition hosted a program for families featuring Kevin Mechella, a youth speaker who talks about the science behind positive decision-making. Kevin presented ways for families to communicate with their teens and help them change the meaning of events to empower oneself.

TIPS FOR STAYING MOTIVATED MIDYEAR!

1. Set Clear Goals: Define specific, achievable goals for the mid-year, whether they're academic, extracurricular, or personal. Break them down into smaller tasks to make progress more manageable.
2. Establish a Routine: Create a consistent daily schedule that includes dedicated time for studying, homework, exercise, relaxation, and socializing. Having a routine helps maintain focus and productivity.
3. Stay Organized: Use planners, calendars, or digital apps to keep track of assignments, deadlines, and commitments. Keeping a tidy workspace and organizing study materials can also reduce stress and improve efficiency.
4. Seek Support: Don't hesitate to reach out to teachers, counselors, peers, or family members for guidance and support. Forming study groups or joining clubs related to interests can provide motivation and accountability.
5. Celebrate Progress: Acknowledge and celebrate achievements, no matter how small. Reward yourself for reaching milestones or completing tasks to stay motivated and maintain a positive attitude.