

COUNSELOR CONNECTION

This is the third 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 MR. PALMER

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

A: Football, Basketball, Baseball

Q: WHAT IS YOUR FAVORITE HOBBY?

A: Cooking and Fitness

Q: WHAT IS SOMETHING YOU CANNOT LIVE WITHOUT?

A: Peanut Butter

Q: WHAT IS YOUR FAVORITE THING ABOUT DOBBS FERRY?

A: Ms. Propersi

NEW MEMBER OF THE SCHOOL COUNSELING DEPARTMENT

We are happy to share that Ms. Levy welcomed a babygirl named Noa in March. Our counseling team leaders, Ms. Propersi and Mr. Palmer have equally divided Ms. Levy's caseload for a smooth transition.

COURSE SELECTION

The first phase of course selection for the 2024-2025 school year is done! Parents and students are now able to view selected courses on the student/parent portal. It is important that you review your course selections and make sure there are no errors or changes you would like to make. Please fill out the Course verification form* to confirm or make changes to your course selections *Only students can access this form* If parents/students have any questions or concerns about their selections please contact your counselor.

END OF YEAR TESTING

The last day of regular classes for students in grades 9-11 is Thursday, June 13th. Regents exams will be administered between the dates of June 14 and June 22. We encourage students to take opportunity of the review sessions offered.

[Link to June Regents Review Session Schedule 2024](#)

Study Tips!

Create a study guide

Make a study schedule

Attend review sessions

Take study breaks

Find a study spot where you can avoid distractions

Upcoming Events!

POSTSECONDARY PLANNING CONFERENCES

School counselors are continuing to meet with 11th grade families individually to discuss postsecondary options. We are planning upcoming classroom lessons for Juniors to have a clear understanding of their “To-do list” for spring and summer.

ALUMNI RETURN DAY

The School Counseling Department is planning to have an alumni return day. We will have graduates from the Class of 2023 share their experiences about the 1st year of college with our current senior class. The event will be held on June 3rd. After the presentation, we will have an informal reception. A very special thank you to the PTSA who will be generously sponsoring the reception.

STANDARDIZED TESTING

Upcoming Dates



SAT

MAY 4, 2024

JUNE 1, 2024

ANTICIPATED;
AUGUST 24, 2024

ACT

JUNE 8, 2024

SEPTEMBER 14, 2024

OCTOBER 26, 2024

*To get started and register for an exam, students must make their own College Board or ACT account. You can find a hyperlink to begin registering by selecting SAT or ACT above. If you participate in the Free/Reduced Lunch Program, please see your counselor about a fee waiver.

MAY IS MENTAL HEALTH AWARENESS MONTH!

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health. (NIMH)

STRATEGIES THAT YOU CAN USE TO MAINTAIN POSITIVE MENTAL HEALTH

- **Enjoy Nature**
- **Connect with family or friends**
- **Practice mindfulness**
- **Volunteer**
- **Get good rest!**
- **Practice self-gratitude**



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.