

COUNSELOR CONNECTION

This is the first 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!



DOBBS FERRY HIGH SCHOOL WELCOMES MS. TAPIA

The Dobbs Ferry School Counseling department is proud to introduce our newest member, Ms. Tapia, who joins our staff after serving as a school counselor in Pearl River. She brings a wealth of knowledge and experience in school counseling and we are pleased she has joined our department.

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.TAPIA

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

A: FIELD HOCKEY & CHORUS.

Q: WHAT IS YOUR FAVORITE HOBBY?

A: FINDING BARGAINS AT HOME GOODS.

Q: WHAT IS SOMETHING YOU CANNOT LIVE WITHOUT?

A: BUFFALO CHICKEN DIP!!!

Q: AS A NEW MEMBER OF THE DFHS COUNSELING DEPARTMENT WHAT HAS BEEN YOUR FIRST IMPRESSION?

A: THE WARM WELCOME FROM THE ENTIRE DOBBS FERRY COMMUNITY, EVERYONE HAS BEEN SO HELPFUL.

LET THE POST SECONDARY PLANNING BEGIN!

We are in the midst of working with our seniors on their college applications and post secondary planning. In September, counselors visited senior English classes where we walked students through the initial steps towards beginning their college applications. Students were encouraged to meet individually with their counselor to discuss future plans. In addition, a detailed email about the application process was sent out to all of the 12th grade families on September 29th.

COLLEGE VISITS

Each fall college admissions counselors visit DFHS to meet with our seniors. Seniors can view the list and register for the visits on their Naviance accounts. These visits are limited to seniors only. Scheduled college visits can be found on Naviance. Students must get a permission slip signed by their teacher prior to attending the visit if the visit is during a scheduled class time.

DONT MISS THE \$

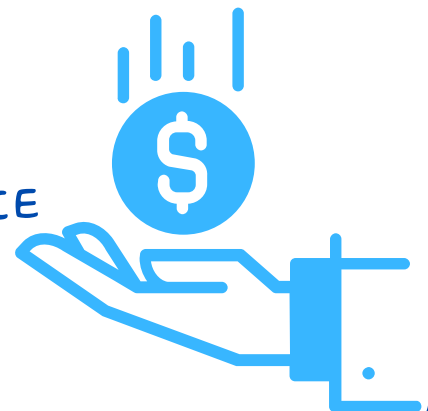
FINANCIAL AID PRESENTATION

FAFSA.GOV

CSS/PROFILE

NET PRICE CALCULATOR

SCHOLARSHIPS ARE POSTED TO
GOOGLE CLASSROOM AND NAVIANCE
SCHOLARSHIP PAGES.



9TH GRADE UPDATE!

On September 20th, our counselors visited all 9th grade Global Studies classes and student's wrote letters to their "future selves". Students will receive this letter in June of their senior year.



TIPS FOR SUCCESS:

- GET INVOLVED IN OUR SCHOOL AND COMMUNITY
- MEET WITH YOUR COUNSELOR
- MONITOR YOUR ACADEMIC PROGRESS
- SET GOALS FOR THE YEAR
- KNOW YOUR PORTAL LOGIN

COMING SOON!



COMING TO A CLASSROOM NEAR YOU!

11th Grade:

The counselors have planned an interactive lesson for the 11th grade which will provide an opportunity for students to begin exploring different career interests.

10th Grade:

Counselors will focus on informing students about the differences between a fixed and growth mindset.



MENTAL HEALTH RESOURCES

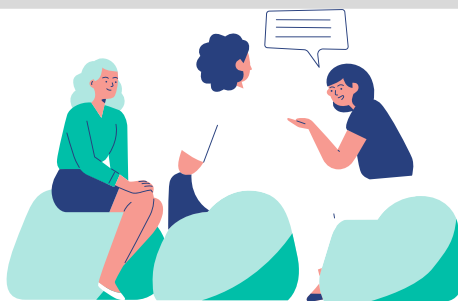
NYS MENTAL HEALTH AND WELLNESS INFORMATION

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI): 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

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

Navigating Substance Use:
Support for Students and Parents

Shannon Blanch, Student Assistance Counselor (SAC), is here to provide valuable support for both parents and students. If you have questions or concerns about various substances, are interested in substance trends, or need a referral for community support, she is your “go to” resource.

Within the school, she provides short-term counseling for students at-risk for substance use or to those currently using substances. In 10th grade, SAC facilitates an 8 session series that focuses on psychoeducation, peer-pressure, and decision-making. Additionally, she collaborates with Dobbs Ferry Youth Services Coalition to plan and facilitate parent events aimed at providing essential information from experts in the field.

If you have questions or would like to learn more about supports available at DFHS please email blanchs@dfsd.org.