

# COUNSELING NEWSLETTER



Issue 1: September 9, 2024

## CALMING CORNER

We have invited you to our Google Classroom titled, The Jr/Sr High Counseling Corner. Please accept the invite for access to information from the Counseling Office. Within this classroom, you will have access to the Calming Corner. The Calming Corner has relaxation strategies that will help during periods of stress! This month, we invite you to check out the Visual Relaxation section:

Visualization is a powerful technique that can help you unwind and relieve stress. Visualization involves using mental imagery to achieve more relaxed state of mind... Visualization works to expand your ability to rest and relax by focusing your mind on more calming and serene images.

## COLLEGE & CAREER

~ Please visit the Jr/Sr High Counseling Corner for links and videos that allow you to explore College, Career and Military information as well as Naviance updates

~ Please schedule an appointment with Mrs. Carnicelli to discuss Naviance and Common Application protocols for those students seeking college admission and process.

~ Please see Key Dates for important events coming up.

## SCCS NEWS

Welcome Back!!

9/4– First Day Of School

9/19– Picture Day

9/25– Open House 5:30pm-7:30pm



## IMPORTANT DATES

College Rep Visits-

September 24th– Alfred State (rep visit held in Ms. Hoatland's room)  
10:15am

September 25th– SUNY Brockport (rep visit held in Mr. Baumes room)  
8:25am

September 27th– St. Bonaventure (rep visit held in Ms. Hoatland's room)  
10:15am

September 30th– SUNY Purchase College (rep visit held in Mr. Baumes room) 1:45pm

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## Meet the Guidance Office



Welcome back to the 2024-2025 school year! My name is Mrs. Carnicelli, I am the Sr High counselor for grades 9-12. This year, I look forward to assisting students with college/career planning, earning high school credits towards graduation, and assisting with any academic or social/emotional concerns. I have an open door policy, and students are encouraged to seek help whenever necessary. We are off to a great start, and I wish all students and families a successful school year!



Welcome to another year at the Southern Cayuga Jr/Sr High School. My name is Mr. Van Hall, I am the Jr High School Counselor for grades 6-8. I am also the K-12 Dignity for All Students Act (DASA) Coordinator. This year, I look forward to continuing lessons with students in Social Emotional Learning (SEL) and working with students on identifying possible college/career options. If you ever have any questions or concerns, please do not hesitate to call/email.



Welcome back to the 2024-25 school year! My name is Ms. Calhoun, I am the school Mental Health Counselor. Students are referred to work with me through their school counselor. I can help our students gain coping strategies to self-regulate feelings, thoughts and emotions that can impact your learning abilities. I'm also a good listener for times you just may need to talk about tough things. My role is to support our students to be an even better version of who you already are!



Hi everyone and welcome back! My name is Ms. Bergen, I am the Guidance Office Secretary/District Registrar at SCCS. I'm really excited to be apart of an amazing team! Some of my duties include assisting with PSAT, SAT, and our school's scholarships for Seniors. Please reach out to me if you have any questions or concerns.

## STUDENT ANNOUNCEMENTS

Attention Students-

Do you have something that you would like to share in our newsletter?!?!

Let your School Counselor know and have it featured here in our next issue!

SOUTHERN CAYUGA  
CENTRAL SCHOOLS