




WHAT TO EXPECT
AND HOW TO HELP
YOUR CHILD
SUCCEED IN HIGH
SCHOOL

Tappan Zee High School Counseling Department

<p><i>School Counselors:</i></p> <ul style="list-style-type: none"> ★ Randy Altman ★ Jaime Holzer ★ Kelly Keane ★ Kate Marks ★ Glenda Rivera 	<p><i>Support Staff:</i></p> <ul style="list-style-type: none"> ★ Pat Kelly ★ Lisa Reynolds 	<p><i>School Psychologists:</i></p> <ul style="list-style-type: none"> ★ Katelin Burns ★ Bradley Hercman <p><i>School Social Workers:</i></p> <ul style="list-style-type: none"> ★ Jessenia Cursio ★ Annie Scott
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Methods of Communication

845-680-1617/1618

Email



Naviance

Remind (for students)

Google Classroom

[Counseling Website](#)

Check out our social media!

What makes a good student?



Promoting Academic Success

- Responsible
- Asks good questions
- Hardworking
- Organized
- Good Time Management Skills
- Self Advocacy / Independence



- ★ Office hours
- ★ Academic Center
- ★ Khan Academy
- ★ Learning Institutes
- ★ Tutor.com - Free! You just need a library card!

Get Involved

- Co-curricular Activities
- Community Service
- Music
- Athletics
- Clubs
- Employment



Looking ahead...

- Most important factor in college admissions is *the transcript*
- Students should take most rigorous courses appropriate
- NY State Graduation Requirements



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Course Requests and Scheduling



- Teachers will make recommendations for next year's classes
- All students will meet with their counselor individually
- Curriculum Guide
- Access to student selections and our open enrollment policy will be shared in the Spring

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For more BOCES information click [HERE](#)

- Two-year half-day Career and Technical Education
- Students attend AM or PM sessions
- AM students leave TZHS at 7:25am and return at 10:45am allowing them to attend periods 5-9
- PM students leave TZHS at 11:19am and return at 2:45pm allowing them to attend periods 1-4



- [Do you remember being this young and being asked "what do you want to be when you grow up?"](#)
- Reintroduction to Naviance
- Assessments/Career exploration
- [Roadtrip Nation](#) - great episodes about taking risks and what makes you happy

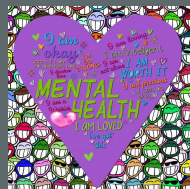
- Naviance is a great tool for college searches, career research, personality tests, college comparisons, resume building and much more!

Mental Health Resources

- [TZHS Mental Health Website](#)

Topics:

- ★ Anxiety / Depression
- ★ Eating Disorders
- ★ Grief
- ★ Mindfulness / Coping Strategies
- ★ School Refusal
- ★ Study Skills
- ★ Substance Abuse



Resources:



- ★ [Community Mental Health Resources](#)
- ★ [Teen Health and Wellness](#)

Q and A



We are here for you!

Email us with any questions or concerns and

check out our  and  accounts

and our [TZHS Counseling site](#)

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