

York Catholic 7th & 8th Grade Guidance



Mrs. Sarah McShane
School Counselor
Phone: (717) 718-5826
Email: smcshane@yorkcatholic.org

Dear Parents and Students,

School counseling services are available through the Lincoln Intermediate Unit at York Catholic High School to assist students in their adjustment at school and to help them with academic, career, and social/personal concerns. Students may refer themselves for counseling or they may be referred by teachers or parents.

York Catholic High School has three school guidance counselors. I am the counselor for 7th and 8th grades, Mrs. Loughman is the counselor for 9th and 10th grades, and Mrs. Hess is the counselor for 11th and 12th grades. We all are here to be a helping hand to both students and parents. If you have any questions, please feel free to contact me!

As a professional school counselor, I follow ethical guidelines established by the American School Counselors Association (ASCA). Counseling services are confidential between the student and the counselor. Counseling sessions occur at a time that is convenient for both the classroom teachers' and student's schedules.

Both seventh and eighth grade students will meet with me a minimum of three times this school year in either a small group setting, classroom guidance lesson format, or individually. Some important topics that we will be discussing this school year include:

- Introduction to Secondary School Counseling Services
- Study Skills and Organizational Skills
- Coping Skills
- Personal Interests and Their Connection To Occupations
- Creating and Maintaining Positive Peer Friendships
- Digital Citizenship and Responsible Online Use
- Transitioning to High School

Individual counseling services are made available for students in need, and can be arranged following parental consent.

Some tips for the school year –

Academics

Grades are an important measure of how we are learning. Grades achieved by the end of the first semester may determine course choices for the next school year. Failing two or more subjects in a week may make a student ineligible for an activity (see Student Handbook). If one or two academic subjects are failed for the school year, summer school is almost certain, at the family's expense. Students with three or more academic failures must be retained in the same grade. Students and parents should check MMS regularly to monitor their grades as well as any missing assignments. Parents were mailed MMS information a few weeks ago and the students were instructed how to use the program the first week of school. If there are any questions, please feel free to contact me.

If students need help in certain subject areas, they should first speak with their teacher. Waiting too long makes it more difficult to understand future material. Teachers are here to help, but students need to make the first step in reaching out to them. Students should use their handbook/agenda and MMS daily to keep track of dates for tests, quizzes, projects, papers, and grades. Parents are encouraged to ask students everyday about their classwork and to stay up to date on what is happening. Students should study at the same time every day – routine is important.

Personal

We are aware that many students have occasional personal situations that may create added stressors and anxiety, often putting themselves at risk for more serious issues. Lack of self-confidence, poor grades, and emotional problems can occur if not dealt with appropriately. The school guidance counselors offer our services to listen and to try and help students make good choices in a confidential atmosphere.

Please feel free to contact me at the appropriate phone number and email address listed above. By working together we can ensure a successful educational experience for your child here at York Catholic. I am looking forward to a wonderful school year!