

# Guidance Orientation Information



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York Catholic High School provides counseling services for students in grades 7-12 through the Lincoln Intermediate Unit. Mrs. Loughman and Mrs. McShane are the School Counselors at York Catholic High School for all grades regarding all social, emotional, and academic issues. Mrs. Phillips is the counselor for grades 9-12 regarding all career and college issues. She is also the school counselor for out-of-state and international students. Please see your student's schedule to verify their assigned counselor. The counseling staff hopes to be a helping hand to both students and parents.

The following are some tips from the school counselors that may help you to have a productive year at York Catholic. Knowing where to go for help is important. The counselors' goals are to help each student grow as a whole person academically, personally, and socially.

## **ACADEMICS**

Grades are important as a measure of how students are learning. Grades achieved by the end of the first semester may determine course choices for the following 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 (see Student Handbook). Students and parents should check the online Vision student information system often. Parents were mailed Vision information a few weeks ago and the students were instructed how to use it the first week of school. If there are any questions, please feel free to contact your child's counselor.

If students need help in a certain subject, they should first ask their teacher. Waiting too long to seek assistance makes it more difficult to catch up. Teachers are here to help, but students need to make the first step. Students should use their agenda (Student Handbook) and Vision daily to keep track of dates for assignments, tests, quizzes, projects, papers, and grades. Parents are encouraged to ask students daily about their school day to stay up to date on what is happening. Students should study at the same time every day. Routine is important.

## **PERSONAL**

Many students have occasional personal situations that create pressure and anxiety within themselves, which if not addressed can put them at risk for more serious problems later. Lack of self-confidence, poor grades, and emotional problems can occur if not dealt with appropriately. Short-term individual counseling services are made available for students in need who are not already receiving counseling outside of school.

The school counselors listen and to try to help students make good choices in a confidential atmosphere. Students may request an appointment by contacting their counselor via email or face-to-face. They may also arrange a meeting by leaving a message in the main office.

Parents are one of the most integral parts of a child's academic success. Parents are invited to contact their student's counselor at the appropriate phone number or address listed above. By working together we can ensure a successful educational experience here at York Catholic!