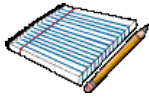


High School Guidance & Counseling Department Freshman Seminar Newsletter November 2011

Created by Michele Evans, HS Guidance Counselor & Penny Barlow, Teaching Assistant



Basic resumes were the beginning topic for November. Students learned the uses and reasons for creating a resume in ninth grade. Resumes were drafted on paper using action verbs to create a resume worthy of catching attention. In the following class, students typed their resumes using Microsoft Word templates. Students were directed to save them to their h-drive and to check periodically for any updates.

Meet & Greet your counselor day was a big hit with the students again this year. The Jeopardy Game hosted by the counselors quizzed the students on topics such as graduation requirements, class locations, and very important people.



Mrs. Evans, Ms. Donohue & Ms. DeAloe



Master of Ceremony
Ms. DeAloe

After students completed their resumes, they began career research inventories and saved the results in their portfolios. Students were asked to choose one career choice and present to the class, discussing the education requirements, possible earnings and why they were interested in this career path. In turn, the class would ask questions, trying to catch the presenter without an answer in an effort to win stickers.

Next topic for seminar was job applications and working papers. Samples were filled out and tips were shared for positive interviews.

Tami Amodio, Senior Prevention Educator, from Catholic Charities, visited seminar again this month. Mrs. Amodio presented on signs, sources and ways to cope with stress.

She brought with her some emotional vampires to visually demonstrate some sources of stress students may encounter in their lives.

Visiting Vampires were The Controller, The Drama Queen, The Criticizer, The Narcissist, and The Victim.



Day 1 Period 10 Class



After the Thanksgiving break, students were quizzed on their knowledge of costs of living in other locations. Nearly every student plans on leaving the area for college or work. A “wants” versus “needs” auction got students thinking about decisions they will have to make regarding new living arrangements. Some of the topics included the cost of doing laundry, rent, books, food, and having “toys.” We related this information to available funds while going to college or beginning our first job.

Next month we begin our class community service project, creating no-sew blankets for the Linus Project.

Compliance Statement

The Ichabod Crane Central School District hereby advises students, parents, employees, and the general public that it offers educational opportunities including vocational opportunities without regard to sex, race, color, national origin, handicap or religion. Inquiries regarding this non-discrimination policy may be directed to: Title IX Compliance Officer, Shannon Shine, Principal, Ichabod Crane Elementary School, Valatie, NY 12184 (518) 758-7575 and Section 504 Compliance Officer, Robert McCloskey, Director of Special Education, Ichabod Crane Central School District, Valatie, NY 12184 (518) 758-7575. A copy of the “In Compliance with Section 1.4 (a)” is available in the Superintendent’s Office.