

High School Guidance & Counseling Department

Freshman Seminar Newsletter October 2011

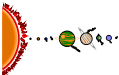
Created by Michele Evans, HS Guidance Counselor & Penny Barlow, Teaching Assistant

Study Skills was the headliner for the month of October.



TIME

We began by creating a bar graph of time spent. This visual gave students an opportunity to see the relationship between time spent and success. An improvement plan was created by each student.



SPACE

Each student showed their art skills by drawing the place where they study the most. Students shared constructive criticism and compliments with their neighbors.



ORGANIZATION

This included creating mini-lockers to demonstrate the perfect set up to keep our books and papers in order. Most of the students carry all their books in their backpacks, but we are trying to get them to use their lockers more often.

TAKING NOTES

We showed the students the importance of taking notes with a scavenger hunt. Had the students taken the time to write the lists, they would have been more successful. This lesson involved practicing note taking on an article called "The Red Effect" using the three most common methods: outlining, mapping and Cornell.

GUEST SPEAKERS

Katiemae Tate and Paul Carter from the Reach Center in Hudson presented information on healthy relationships and domestic violence.



Mr. Carter, Ms. Amodio, Ms. Tate

Tami Amodio from Catholic Charities also attended, as she will be doing a follow-up presentation on how to deal with anger.

After our guest visit, we continued our study skills development with a Word to The Wise Challenge and Study Skills Bingo. All this was backed up by the Discovery Education video "Great Homework and Study Skills."

Our next guest was Lynn Seftner from Questar III. The students learned about 21st Century jobs and the available programs at Questar III such as New Visions for seniors only and career and technical courses for juniors and seniors. Ms. Seftner discussed the importance of planning now for Questar III, making sure they understand they must have the necessary 10 credits and be on target for graduation to attend any Questar program. Science and Math are key to 21st century careers and both subjects are very much a part of Questar opportunities.

Our "How People Are Different" lesson explained the personality types that relate to the John Holland Code. This is important for students to understand in order to complete a career interest inventory, which will be saved on their h-drives next month.

On October 25th and 26th, Ms. Molloy and Mr. Oby from the American Foundation for Suicide Prevention and Ms. Amodio, from Catholic Charities, presented on Depression. The students watched, "More Than Sad: Teen Depression," a video about four high school students that showed the different aspects of depression each individual experienced. Students were then asked questions regarding each character in the DVD and they had to identify which character was the answer to each question.

Ms. Ruiz, our High School Psychologist then followed up with all of the seminar classes on October 27th and 28th and invited three students and a parent to talk about their personal experiences with depression and suicide.

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.

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Before The Rain

Mr. Werthner, Kassie S (2010 ICC Graduate),
Cody S ICC Grade 12, Zach S (2010 ICC
Graduate)

In the Shadowy Gray
No color to be seen
To make it through the day
I have to stay on my feet
I tell myself I am strong
But the fights fading in me
Though I can't be truly broken
I know I'm gonna break

Chorus: Save up all the pain
You are drowning into
It's always darkest before the dawn
you gotta have something to hold on to
Keep looking for the light that promises
the day.
Before you get the sun you gotta make
It through the rain

Life is more to be imagined
Than any single man
Though the tunnel may be long
You know it's worth it in the end
Keep your hope all around you
There will be a helping hand
Every morning brings a new start
Keep reachin' till you taste it

Chorus: Save up all the pain
You are drowning into
It's always darkest before the dawn
you gotta have something to hold on to
Keep looking for the light that promises
the day
Before you get the sun you gotta make
It through the rain

My girlfriend tried to commit suicide. It was the scariest moment of my life.

When I think about suicide, I think about the people I've lost and how much I miss them.

Look to the future. You'll have a family of your own someday and you'll never have to face things alone.

You are an amazing person. Don't let others make you think otherwise.

You may be feeling down and your world is dark and gray
But don't give up and don't lose faith
You will find a way

Chorus: Save up all the pain
You are drowning into
It's always darkest before the dawn
you gotta have something to hold on to
Keep looking for the light that promises
the day
Before you get the sun you gotta make
It through the rain

The words to this song are of collection of the comments made by seniors and freshmen during last year's presentation on teen depression and suicide prevention. Mrs. Ruiz is hoping to have another song from this year's comments and eventually have an Ichabod Crane album of Songs of Hope.

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