

February 1, 2015 – February 7, 2015



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# Happy National School Counseling Week!

February 2, 2015 – February 6, 2015

You may be wondering what this week celebrates or perhaps you are having flashbacks to your school counselor, thought of as a guidance counselor in the past. We would love to tell you more about our role and ways we can be helpful to you and your children. Guided by a comprehensive and data-driven program designed by the American School Counseling Association (ASCA, 2010), school counselors are trained to assist students academically, socially, and prepare them for college and careers after high school. At LPHS, we address the academic and developmental needs of all students by collaborating with the parents, school and community.

To assure that we reach every student, we deliver curriculum through classroom lessons, facilitate small groups, and offer individual sessions. Academically, we help students develop study and organizational skills, design a schedule that fits their interests, and analyze test results. Additionally, we support students with personal and social issues, such as divorce, grief, bullying, identity, and other challenges that high school students face. Lastly, we explore their college and career options through administering assessments, encouraging college visits, analyzing state test scores, and assisting with the college application process.

# HAPPY NATIONAL SCHOOL COUNSELING WEEK



## Did you know?

*Counselors play an active role in the development of a student's academic plan.*

*Counselors decipher students' cognitive, aptitude and achievement tests, while also analyzing the relationship between a student's GPA and achievement potential.*

*Counselors not only help students with academics, college, and career needs, but also are sources of support for students personally and socially. Counselors provide individual and group counseling services to students.*

*School counselors play an integral role in students' IEP meetings by acting as advocates on behalf of students to ensure individual needs are met.*

## DO'S & DON'TS:

### A Parent's Guide to Interacting with School Counselors

#### DO'S

Discuss your student's academic program planning with the school counselor.

Review your student's GPA and achievement test scores with the counselor.

Refer your student to small-group counseling services.

Review your student's individual education plan (IEP) with his/her school counselor.

#### DON'TS

Meet with your student's school counselor for 50 minutes weekly.

Expect the school counselor to provide therapy or long-term counseling.

Leave it up to the school and school counselors to educate your student.

**21%** of surveyed LPHS freshman students feel anxious at school

**11%** have concerns about alcohol or drug use

**SCHOOL COUNSELORS CAN CHANGE THE WORLD**

## Did you know?

*The American School Counselor (ASCA, 2010) Model recommends 80% of a counselor's time be allocated to providing direct and indirect services for students. With 1 school counselor for 634 freshman students at LPHS, there are only so many hours in the day! Please know our staff is dedicated to your student's needs, and we will do our best to accommodate any necessary meetings.*

*School counselors are focused on serving student needs as it relates to academics, college/career and personal/social situations. If therapy or long-term counseling is needed, LPHS has partnerships with outside agencies to whom they can make a referral.*

*Research has found that students perform better academically when their parents are involved in their education. Parents are a very important resource and partner for the school.*

### • Freshman Parent Dinner

Come out and meet other fellow freshman parents! FOLP is sponsoring a dinner for all interested freshman parents. The event is Friday, March 7, 2015 from 6:00PM – 9:00PM in the LPHS Freshman building cafeteria. Please RSVP by February 27, 2015 at

[https://docs.google.com/forms/d/1yKyaThoQTHIcj3qpboQzuz43f3\\_9Bx40PZ9RDIAOQnc0/viewform?formkey=dFcwRUhoRThIQ1I0MU8wY01NZ1BTWnc6MA&fromEmail=true](https://docs.google.com/forms/d/1yKyaThoQTHIcj3qpboQzuz43f3_9Bx40PZ9RDIAOQnc0/viewform?formkey=dFcwRUhoRThIQ1I0MU8wY01NZ1BTWnc6MA&fromEmail=true).

### • FREE Tutoring Services

Does your student need additional assistance with academics? LPHS offers tutoring options for all students. Tutoring is available through the Colleen Henry Writing Center (R163) and the National Honor Society Tutors (FB254). Times may vary. Please refer to the LPHS website.

**58%** of surveyed LPHS freshman students need help improving their study skills.

## Upcoming Events

### • Want to become more involved?

Friends of Lincoln Park High School (FOLP) is a parent-run volunteer organization seeking to improve the education and cultural opportunities of the LPHS students. The group meets the second Tuesday of every month from 6:30 PM – 8:00 PM in the library. The next meeting will be held February 10, 2015. For additional information and to join, please visit:

<https://flphs.ejoinme.org/?tabid=548894>.

### • FREE Summer Academic Enrichment Program

It's not too late to apply for the Hispanic Science Enrichment Program (LaHSEP)! Students can spend their summer participating in medical and health workshops, taking field trips to different colleges and universities, as well as learning about different careers in health sciences. If your student is interested, please visit the LPHS website and complete the application.

The deadline is March 13, 2015. For more information, please visit:

<http://medicine.uic.edu/cms/One.aspx?portalId=443021&pageId=16288763>

### • Need to file your taxes?

LadderUp is a Chicago-based non-profit agency that provides free financial planning and tax preparation for working families. The IRA Tax filing deadline is April 15, 2015. For more information, please visit:

<http://www.goladderup.org/site/index.php>.