

# SCHOOL COUNSELING

## NEWSLETTER

### **Important Dates:**

**October 4<sup>th</sup>:** Meet the Teacher,  
7-9pm

**October 8<sup>th</sup>:** Columbus Day,  
School is closed

**October 15<sup>th</sup>:** 1st Quarter Progress  
Reports posted

**October 22-26<sup>th</sup>:** College  
Awareness Week!

**October 31<sup>st</sup>- Nov. 3<sup>rd</sup>:** 8<sup>th</sup> grade  
high school planning sessions for  
students

**November 6<sup>th</sup>:** Parent/Teacher  
Conferences, 12-3pm

**November 9<sup>th</sup>:** 1st Quarter Marking  
Period Ends

**November 15<sup>th</sup>:** 7<sup>th</sup> Grade Parent  
Guidance Night, 7pm

**December 11<sup>th</sup>:** Evening  
Parent/Teacher Conferences,  
4-8pm

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### **Counseling Office Contacts:**

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District Director of Guidance  
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**Ms. Paloma Herrera**

Bilingual Counselor  
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**Ms. Alison Logan**

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## WELCOME 7<sup>TH</sup> GRADERS AND WELCOME BACK 8<sup>TH</sup> GRADERS!



### Please visit the Guidance Office

Counselors play a critical role in student life at Finley Middle School. We help students get acquainted; whether that is helping to find classrooms, opening lockers, or making scheduling changes. If you're unsure of something or have a question, just stop down and see any one of us!

#### **The Guidance Office offers students many services including:**

**Academic Counseling:** We help students get organized and linked up to their student portal accounts. All students should be checking up on their assignments and grades through gradebook. Counselors also provide information on after school clubs and activities, as well as extra help and late bus schedules.

**Counseling/Crisis Intervention:** If you are feeling overwhelmed, sad or confused about anything, please see your counselor. We can help you work through difficult issues.

**Information:** We offer a list of clubs and activities, sports try-outs, and summer programs. We also provide students with Naviance accounts, so they can conduct college and career searches, build resumes, and set goals.

**Guidance Themes:** Each month we have a specific focus. Our monthly focus is meant to help students think about ways they can contribute to their school community that demonstrate good characteristics, such as courage, kindness, and integrity. Don't be surprised if we incorporate themes into our conversations with you!

## Career Spotlight Health Care



**Some Career Choices:** Dentist, Nurse Practitioner, Physician Assistant, Orthodontist, Nurse Anesthetist, Pediatrician, Surgeon, Physical Therapist, Registered Nurse

### Why Health Care?

What other profession can you touch lives the way you can in the Healthcare industry? Not many!!!

Not only do you impact individuals, you also make an impact in many communities, provide health care in a variety of ways, and treat diseases and ailments of all kinds.

### Job Outlook:

Your chances of finding employment and staying employed are much greater than other fields; thanks to the advances in medicine, and the country's aging and growing population (which is continually increasing the demand for medical professionals).

### Personality:

People interested in this work like to help others and make a difference in their community.

**Education:** Between 4-8 years of college, ranging from a Bachelor's Degree all the way to a Doctorate.

**Median Salary:** \$127,000/year  
Source: [www.mynextmove.org](http://www.mynextmove.org)  
[www.verywell.com](http://www.verywell.com)

## October CAREER CAFÉ

This month we are excited to introduce you to Ms. Christina Bono. Ms. Bono is a Physician's Assistant (PA) and long-time Greenlawn resident. Ms. Bono is scheduled to visit us on October 29<sup>th</sup> and will be talking about careers in the Health Care profession, as well as what a day in the life of a PA is like! Sign-ups are available in your homeroom and in guidance. You don't want to miss this!

### Don't forget to keep reading! Here are some recommendations!

***The Lightning Thief*** is an American fantasy-adventure novel based on Greek mythology; the first young adult novel written by Rick Riordan in the Percy Jackson & the Olympians series. The novel charts the adventures of modern-day twelve-year-old Percy Jackson as he discovers he is a demigod, the son of a mortal woman and the Greek god Poseidon. Percy and his friends Annabeth Chase and Grover Underwood go on a quest to find Zeus's stolen lightning bolt and prevent a war between the gods Zeus, Poseidon, and Hades.

***Life As We Knew It*** is a young adult science fiction novel by American author Susan Beth Pfeffer, first published in 2006 by Harcourt Books. It is the first book in *The Last Survivors* series, followed by *The Dead and the Gone*. When an asteroid hits the moon and brings it closer to Earth, life in Northeastern Pennsylvania will never be the same again for Miranda and her family, with the lack of food and extreme cold major threats to their survival.

***The Outsiders*** is a coming-of-age novel by S. E. Hinton. The book details the conflict between two rival gangs divided by their socioeconomic status: the working-class "greasers" and the upper-class "Socs." The story is told in a first-person perspective by teenaged protagonist Ponyboy Curtis.

***The Giver*** is a 1993 American young adult novel by Lois Lowry. The novel follows a 12-year-old boy named Jonas. The society has taken away pain and strife by converting to "Sameness", a plan that has eradicated emotional depth from their lives. Jonas is selected to inherit the position of Receiver of Memory, the person who stores all the past memories of the time before Sameness, as there may be times where one must draw upon the wisdom gained from history to aid the community's decision making. Jonas struggles with concepts of all the new emotions and things introduced to him: whether they are inherently good, evil, or in between, and whether it is even possible to have one without the other.

### Helpful Homework Tips!

- Think it through, organize yourself, and make a to-do list! Do the harder homework first so you finish on a high note!
- Think about time set aside (scheduled time) to get homework done, and try to do 1-2 assignments in school so you have more time for fun later!
- Think Positive! Homework gives you a chance to show all you know, and it helps boost confidence. Thumbs up to that!