



Lincoln-Sudbury Regional High School  
**Counseling Department**

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School Committee Presentation 5.28.19





# Who Are We?

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**House Counselors** - Each house has two counselors supporting students throughout high school including help with scheduling, social-emotional support, and post-secondary planning

**Clinical Team: attached to houses and programs.**

- This includes School Adjustment Counselors, School Psychologists, and our Out of District Coordinator who all support students clinically
- Next year we will add another clinician as part of L-S Academy

**Career Services Coordinator** - Through our Career Center, students are able to take part in internships and work study programs for credit towards graduation.

# Counseling Seminars and Psycho-Educational Workshops

Grade Level	Focus Area (s)
9th Grade	<ul style="list-style-type: none"><li>● Introduction to L-S</li><li>● Introduce Naviance - Learning Style Inventory</li><li>● Signs of Suicide (SOS) Workshop</li></ul>
10th Grade	<ul style="list-style-type: none"><li>● Career Exploration</li><li>● Naviance Career Interest Profiler</li><li>● Naviance: MI Advantage</li><li>● Depression Workshop and SBRIT</li></ul>
11th Grade	<ul style="list-style-type: none"><li>● Post-Secondary Planning</li><li>● Stress Management</li></ul>

# Social-Emotional Interventions

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**Signs of Suicide (SOS)** - 9th Grade - A collaborative lesson within Introduction to Wellness classes - Co-taught by clinical counselors and wellness teachers

**Depression Workshop** - 10th Grade - Half day workshop on recognizing the signs and symptoms of depression taught by upperclassmen

**Substance Abuse Awareness Lesson (SBIRT)** - 10th Grade - A collaborative lesson within CPR courses in conjunction with Wellness department

**Skills for Well-Being** - 10th-12th - An elective course based upon Dialectical Behavior Therapy (DBT)

**Metrowest Adolescent Health Survey** - Administered every other year and is followed by student presentations of the survey data

# Student Support Programs with Clinical Counselors

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ACE	ASD/Link
Beacon	LS Academy*
Excel	Reach

# Community Events

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- Back to School Night
- 9th Grade Parent Night
- Financial Aid Night
- College Admissions Night \*
- 8th Grade Parent Night
- SERF Fair
- Metrowest Health Youth Risk Survey Presentations
- SEPAC - Navigating College with Disabilities, and Post Secondary Options for Students with disabilities.
- William James Interface Referral Service

# Post-Secondary Planning

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[Post-Secondary Planning Guide](#) - Brand new comprehensive guide

Counselors are building relationships throughout high school through Counseling Seminars and individual meetings

Individual support for each student's unique post-secondary planning

Experienced with college application process as well as Gap Year Programs, Trades, Employment and Military



# School Profile

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Last year, we unveiled a brand new [School Profile](#)

This document accompanies all transcripts being sent to colleges and all other external programs

The profile helps outsiders truly understand the curriculum and overall rigor of courses at L-S

# Looking forward: 5 Year Vision Planning

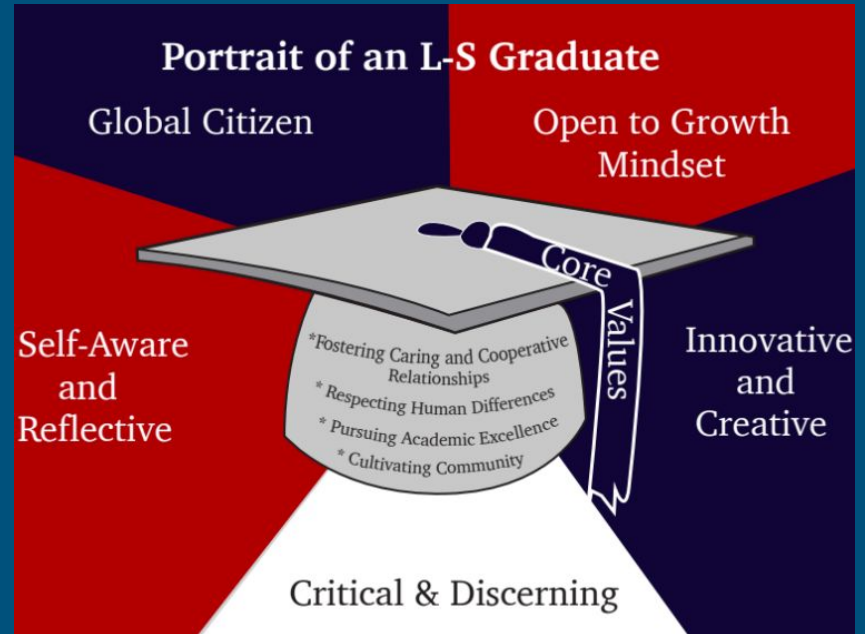
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# Rationale

## Massachusetts Model for Comprehensive School Counseling Programs

- Updated April 2017
- Emphasis shift from having districts implement model, to districts using the model “to support positive, measurable outcomes for students.”
- Proactive approach not reactive goal is to reach ALL students.

## Portrait of a Graduate



# Five Year Vision Planning

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Throughout this school year, the L-S Counseling Department took a step back to look at all of the many interventions already in place, while being mindful of where we want to focus in the years to come.

This process involved going back to the very core reasons why each one of us got into this field in the first place and reflecting on how we can continue to support all of our students in this challenging time to be an adolescent.



## L-S Counseling:

Finding balance through  
connection, acceptance,  
and compassion

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# Five Year Vision Planning - Next Steps

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- Draft will be completed by September 2019
- Data from 2019 MCAS, state accountability report, 2018 MWYRS, and other accessible data will be reviewed, analyzed and considered in development of plan.
- Draft will be reviewed by stakeholders in LS community: parents, students, teachers, student support personnel, school leaders, and support staff.
- Feedback from stakeholders will be considered and reviewed by Counseling team.
- Final Draft to Administration by January 2020.

# Five Year Vision Planning - 3 Goal Areas

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- 1) **Students:** Academic, social-emotional well-being, and psycho-educational initiatives.
- 2) **Community:** Staff, families, and other community stakeholders.
- 3) **Professional Growth and Development:** Self-care and continued growth for our department

Comments and  
questions?

