



Counseling Center Updates

September, 2020

Welcome Back, Tigers!



We are so glad to be back!

Tiger Nation has experienced a wide variety of challenges during these unprecedented times and we hope to continue to be an integral resource for you as you navigate high school. We have updated our website with a ton of helpful information. [Click here to view our website!](#)

CC Staff

The Counseling Center at WWSHS is home to seven school counselors, three school social workers, two school psychologists, and a registrar. We are welcoming two new counselors and a new social worker this year! Our social workers, counselors, and psychologists are available by appointment. You are assigned a counselor by last name. Alpha splits have changed this year! Below are alpha splits and contact information:

<u>Counselor Name</u>	<u>Alpha Split</u>	<u>Email Address</u>
Mr. Kosky	A & EL students	michael.kosky@cusd200.org
Mrs. Petring	B-Dat	kelly.petring@cusd200.org
Mr. Pawlak	Dau-Hal	jeffrey.pawlak@cusd200.org
Mrs. Johnson	Ham-Ld	samanda.johnson@cusd200.org
Ms. Mieure	Le-Om	jan.mieure@cusd200.org
Mrs. Ehrhardt	On-Sj	kelly.ehrhardt@cusd200.org
Mrs. Murphy	Sk-Z	brenna.murphy@cusd200.org



Psychologist

John Smetana
Juli Gutsch

Alpha Split

A-Lis
Lit-Z

Email Address

john.smetana@cusd200.org
juli-ann.gutsch@cusd200.org

Social Worker

Jack Healy
Blanca Spence
Nina Ponce

Email Address

john.healy@cusd200.org
blanca.spence@cusd200.org
nina.ponce@cusd200.org

Registrar

Toby Padalik

Email Address

toby.padalik@cusd200.org

NEW Staff Bios**Mrs. Murphy, School Counselor**

I am so excited to be joining the Counseling Team at South! I have worked as a high school counselor for the past four years at Oswego High School. Helping students and families with social, emotional, and academic goals is what I love to do and I can't wait to start building relationships with my alpha split. I received my undergraduate degree from the University of Illinois Urbana-Champaign and my graduate degree from Northern Illinois University. I live in Wheaton with my husband and two-year-old daughter!

Mrs. Johnson, School Counselor

Hello! I am so excited to be a part of the Tiger family here at South! Being a School Counselor is absolutely one of the most fulfilling roles in education and I hands down LOVE my job. For the past 2 ½ years, I was at Trinity High School in River Forest. I received my undergraduate degree in Elementary Education from Western Illinois University and my graduate degree in School Counseling from Lewis University. I am married with two kids and a dog.

Mrs. Ponce, School Social Worker

I am so excited to be joining the team at South this year! Being a social worker and helping students balance their academics and social emotional health is so rewarding and I love that I get to bring that to Tiger Nation! For the past four years I have been a social worker on the north side of town. This year I'm excited to face the challenge of working both with South students as well as those in the Instructional Virtual Academy program! I received my undergraduate degree in social work from University of Illinois at Urbana/Champaign and my Masters in Social Work from University of Illinois Chicago! I currently live in Glen Ellyn with my husband, my 1 year old daughter, and our two dogs!



How do I make an appointment to see a Counseling Center staff member?

All counselors will be using an online scheduling system called *You Can Book Me*. This allows families and students to schedule appointments with counselors in order to meet virtually. All meetings will be held through Google Meet. When an appointment is created, students will receive a confirmation email, followed by a Google calendar invite with the link for their Google Meet appointment. Each counselors scheduling link is below:

Mr. Kosky	A & EL students	https://michaelkosky.youcanbook.me
Mrs. Petring	B-Dat	https://kellypetring.youcanbook.me/
Mr. Pawlak	Dau-Hal	https://jeffpawlak.youcanbook.me
Mrs. Johnson	Ham-Ld	https://samandajohnson.youcanbook.me
Ms. Mieure	Le-Om	https://janmieure.youcanbook.me
Mrs. Ehrhardt	On-Sj	https://kellyehrhardt.youcanbook.me
Mrs. Murphy	Sk-Z	https://brennamurphy.youcanbook.me

Social workers and psychologists are available for appointments by email.

SENIORS- Class of 2021

Seniors joined their counselors for Senior Presentations on Thursday, September 3rd. Seniors are currently meeting virtually with their counselors for senior conferences. These meetings began on September 8th and seniors are responsible for setting up their own conferences.

Important Dates for Seniors:

- **August 27th:** Senior Transcript mailed home
- **September 3rd:** Senior Presentation from 1:45-2:15pm (Google Meet invite coming soon)
- **September 8th:** Senior Conferences begin
- **Date TBD:** Senior Family Night
- **September 16th:** Virtual Financial Aid Night
- **October 1st:** FAFSA Opens - First day to apply for financial aid
- **November 1st:** Early Action deadline for many colleges and universities

Senior Presentation: [click here!](#)

College Application Checklist: [click here!](#)

College Application Checklist- COD: [click here!](#)

How to request a recommendation letter from a teacher and counselor: [click here!](#)

Transcript Release Form: [click here!](#)

Scholarships: [click here!](#)



ACT/SAT update- top 20 colleges/universities WWS students attend: [click here!](#)

REMINDER! Fall SAT for Seniors: Information & Registration

The Illinois State Board of Education has directed all Illinois high schools to host a free school-day SAT for the Class of 2021 students who were not given this opportunity last April due to COVID-19. WN and WWS will be hosting the SAT during the school day on Wednesday, October 14.

Cost: FREE

Registration: [Use this google form](#)

(only pre-registered, currently enrolled D200 Seniors will be admitted for testing)

Deadline: Registration closes at 10 PM on Monday, September 14, 2020

Transportation: Free transportation will be provided to students who request it through the online registration form

The Illinois State Board of Education has also scheduled this opportunity to be available again in April 2021 for the Class of 2021.

Information for Seniors from the School Psychologists

For special education students, your Case manager will be in contact with you and your family to set up a transition meeting.

For students who have a 504 Accommodation Plan, if you need a copy of your most recent 504 plan for postsecondary institutions, please contact John.Smetana@cusd200.org or (A-Ld) and Juli-Ann.Gutsch@cusd200.org (Le-Z).

JUNIORS- Class of 2022

WWS website with information for Juniors: [click here!](#)

The PSAT will be available to Juniors at Wheaton Warrenville South on Wednesday, October 14. This test is optional and primarily for high achieving juniors who would like to earn National Merit Scholarships. Juniors will need to score in the top 1% in the nation to be eligible for the scholarship. The cost of the test is \$25. Sign up and pay through Total Registration.

Registration opens September 3rd and closes on September 14th.

[Click here for PSAT Registration](#)



SOPHOMORES- Class of 2023

WWS website with information for sophomores: [click here!](#)

FRESHMEN- Class of 2024

WWS website with information for freshmen: [click here!](#)

e-Learning Tips

Tips for Students

<https://www.connectionsacademy.com/support/resources/article/8-top-tips-for-student-success-in-online-school>

1. **Be positive.**

Thriving through a change is tough but doable with a positive attitude. A positive attitude about online learning is the best gift you can give yourself. Everything you learn, whether it's your most favorite or least favorite subject, will help you grow as a person.

2. **Get organized—and stay organized.**

Creating an orderly learning space to do schoolwork will put you ahead of the game. Be sure you have room for your books, computer, pens, paper, and other supplies. Label folders to hold papers and notes for each subject. Go ahead and create electronic folders for each class on your computer and in your email program. If your virtual school provides an online planner, use it to schedule your personal appointments and create your “to do” list, with items ranked in order of urgency.

3. **Establish a flexible routine.**

While online school and blended learning school do give you a more flexible schedule, having a routine will help keep you on track with your schoolwork. It's a good idea to find out when your teachers have their office hours, so you can arrange your schedule to overlap with when they are available. Naturally, you can vary your schedule when needed.

4. **Set personal goals.**

To make great things happen in your life, it helps to set goals for yourself. Think about what you'd like to accomplish, both short and long term. Is there a class you want to ace this semester? Maybe you want to get a certain grade point average or achieve a certain score on the SAT exams. Preparing for college and getting admission into a specific college might also be on your list. Be sure to put your goals in writing and post the list where you'll see it often.

5. **Make the most of your resources.**

As an online or blended learning student, you have many helpful resources available. Naturally, your texts, the library, online instructional tools, and trusted websites come to mind. But don't forget the many human resources you can use: parents, teachers, school counselors, and principals are great sources of information. A good rule of thumb is if you've been looking for an answer for more than five minutes, reach out for help!

6. **Start on track and stay on track.**

It's always better to be ahead than to be struggling at the last minute! Break down big projects into



small, manageable parts—and give each one a deadline. Don't drag your feet—make yourself do things on time and you'll be better off in the long run.

7. **Exercise with friends online.**

Middle and high school students will spend a lot of time online—completing lessons, chatting with peers, and touching base with their online teachers. So scheduling physical fitness into the day is also important. Physical exercise can boost mood, energy, and brainpower. Your student won't even have to leave the living room with the many online exercise videos available on social channels like Instagram and YouTube.

8. **Learn to deal with setbacks.**

Everyone has them! Every person who succeeds has had to struggle to get there. When you get a bad grade, have an argument with a friend, or experience other frustrations, realize that this is a learning experience. Talk to someone to get another point of view—you could be worried about something that's pretty small in the long run. To move forward, you must take responsibility for what you've done (or not done) and decide to change your behavior in the future. Making a plan for achieving greater success in the future will help you build confidence too.

Tips for Parents

- Find a good spot at home where each kid can work, even if it is on different sides of a room. If doing synchronous learning (video chats) try to give as much of their own space as possible with a good background (ie: wall) where nobody is walking behind them. Earbuds are a helpful tool as well.
- Help them write out a schedule for the week and know how they are going to class. Make sure they know their teacher(s) name(s).
- Read the emails from teachers with them. Make sure you know how to get in contact with teachers and for older students when their office hours are.
- Don't go to class with your kid (unless asked or invited). You wouldn't if school was in-person. Give them their space to be a student and make mistakes. That is where the learning happens.
- Be patient with everyone- this will be new and different for all of us. However, if your kid is struggling, encourage your older kids to privately let their teacher know. You can follow up as well or for the little kids you should reach out with concerns. Always try to start with the teacher- but if it isn't working, follow the chain of command. You build credibility that way. Remember- you and the teachers are partners in this work.
- Check in with your kid each day. Ask them three questions: one specific thing you enjoyed or learned, one area you struggled or didn't like the experience, and what are you looking forward to tomorrow. "Nothing" is an acceptable answer for all 3. Try to at least get an answer for each of the 3 throughout the week.