

Talk to your Counselor when ...

- . . . you are experiencing a crisis and need to know where to turn.
- . . . you want to review your overall plan for course scheduling for the following semester/year or through graduation, including decisions about honors or AP classes.
- . . . you want advice about when to take the SAT, ACT, and the SAT Subject Tests. (Please see sheet on *Standardized Testing* for more information.)
- . . . it's early in the semester and you would like to change to a different level class (i.e., honors to regular or vice versa).
- . . . it's the fall semester and you would like to change or review your schedule for the following spring semester.
- . . . you want to take more courses than you can fit into your schedule and you would like to consider the option of an 8-period day (for further information please consult sheet on *Course Scheduling Recommendations*)
- . . . there is a family illness or death that is likely to affect your classes. It is helpful in these cases for the parent or student to contact the counselor as well as each of the teachers and request assistance on how to avoid falling behind.
- . . . you are having a problem in a class that you haven't been able to resolve with the teacher.
- . . . you feel overwhelmed by your workload.
- . . . you have a particular career goal in mind and you would like to learn more about how to best prepare yourself to meet that goal.
- . . . you need advice about balancing course load with extracurricular interests.
- . . . you would like to discuss your options for post-graduation (i.e., college, gap-year, or work).
- . . . you need advice and direction on internships or summer opportunities. Information on these opportunities is available through the Career/College Information Center (CIC).
- . . . you (or a friend) feel uncomfortable or have conflicts with peers, have difficulty with friendships, have issues with substance abuse, or feel sad much of the time. (Help is also available through the Student Assistance Program (SAP). If you need to refer a friend, Confidential Concern Forms are available throughout the school, and referrals and assessments are kept strictly confidential.)