
May 2020

SHS - Student Support Center Newsletter

All the counseling staff want to ensure that you are putting your emotional well-being first during this challenging time. We are hoping you are adjusting to distance learning and keeping a daily routine. Stay home if you can and stay safe!

Counseling Staff

All staff can be reached through office hour times – phone and email. [Click here for the Student Support Center Website](#)

School Counselors

Anthony, Jessica janthony@southingtonschools.org 9-10 AM & 1-2 PM, 401- 326-2618
Bugnacki, Mark mbugnacki@southingtonschools.org 9:30-10:30 AM & 1-2 PM, 401-343-0387
Davis, Geoffrey gdavis@southingtonschools.org M 9:30-10:30 AM, T-F 9-10 AM, M-F 12:30-1:30 PM, 401-326-2011
Gleba, David dgleba@southingtonschools.org 11 AM-12 PM & 1-2 PM, 401-326-2138
Ovalles, Sylvia- Intern sovalles@southingtonschools.org 9-10 AM & 2-3 PM, 860-245-8631
Napolitano, Ana anapolitano@southingtonschools.org 9:30-10:30 AM & 1-2 PM, 401-326-2981
Russman, Sherry srussman@southingtonschools.org 11 AM-12 PM & 1-2 PM, 401-343-0886
Viens, Beth bviens@southingtonschools.org 9:30-10:30 AM & 1-2 PM, 401-388-0431
Wallace, Jessica jwallace@southingtonschools.org 8:30-9:30 AM & 1:15-2:15 PM, 401-326-2323

School Social Workers

Wrinn, Jennifer jwrinn@southingtonschools.org 10-11 AM & 2-3 PM, 401-388-0583
Zenowitz, Thomas tzenowitz@southingtonschools.org 10-11 AM & 2-3 PM, 401-343-0799
Zeruk, Dawn dzeruk@southingtonschools.org 10-11 AM & 2-3 PM, 401-326-2867

School Psychologists

Kubko, Iwona ikubko@southingtonschools.org 10-11 AM & 3-4 PM, 401-326-2513
Rodgers, Larissa lrogers@southingtonschools.org 9-10 AM & 2-3 PM, 401-343-0361

Director of School Counseling, Grades 6-12

Discenza, Jennifer jdiscenza@southingtonschools.org M-F 8 AM-3 PM, 401-315-8930

Counseling Office Secretaries - Mrs. Belanger jbelanger@southingtonschools.org and Mrs. Monteiro nmonteiro@southingtonschools.org

Attention All Seniors!

Please make sure you log into Naviance and identify the college you are attending. We need this information to send your final transcript in July.

Directions on how to do this:

In Naviance, go to "Colleges," then click on "colleges I'm applying to". Under the list of your colleges, there is a drop down that asks which college you will be attending.

*All students who have a completed NCAA account will have their final transcript sent in July.

SAT Update

College Board cancelled the June SAT. The August SAT at this time is still scheduled. There is a plan for two Saturday SATs to take place at SHS in September. Many post-secondary institutions are going test-optional based on the circumstances. Juniors and seniors should check with each school of interest and plan accordingly.

Counseling Department Google Classrooms

Each year students are asked to complete Naviance tasks for college and career planning. All students should be completing the assigned tasks as these will guide college and career planning meetings. Google Classroom log-in codes are below for each grade level.

GRADE 9

CLASS CODE

f5gecy5

GRADE 10

CLASS CODE

lf4srzu

GRADE 11

CLASS CODE

3gp gn4h

GRADE 12

CLASS CODE

b3fxpdr

Junior Year College and Career Planning

The school counselors were disappointed that we could not present the evening programing "Navigating the College and Career Process" in person. We have recreated the presentation virtually in a YouTube video. Students and parents/guardians should watch this informational video. Feel free to follow up directly with your school counselor for any college and career planning questions and guidance. Click on this link [Navigating the College and Career Process](#)

Naviance Student

[Click here for the Naviance Link](#)

If a student needs to reset his or her password, he/she will need to log into their school email. Naviance will send the reset password to the email active in Naviance.

Many colleges are posting virtual tours and we are adding them in Naviance!

UCONN ECE Students for 2020-2021

The registration for any student taking a UCONN ECE class at the high school is open. If you are enrolled to take a UCONN class with us next year you will soon receive an email with a Google Classroom code. The classroom will go over deadlines and how to apply and enroll into the UCONN student portal. If you would like more information you can go to <https://ece.uconn.edu/>

Citizens Bank Webinars for Families



Citizens Bank is pleased to offer a series of live, remote learning sessions focused on navigating the financial path to college.

Understanding Your Award Letter

Designed especially for College Bound Seniors and their families to help them understand their financial aid package, answer questions that come up after the acceptance, and explore both federal and private options for financing any gap not met by free aid. Helpful tools to compare the cost of colleges are explored and our experts answer your live questions.

Tuesday, May 12, 2020, 7:30 p.m. to 8:30 p.m.

Wednesday, May 27, 2020, 12:00 p.m. to 1:00 p.m.

Financial Aid Basics

Designed for rising Seniors and their families to help understand financial aid, preparing for and starting the FAFSA form this fall, and understand financial aid components like scholarships, grants, federal loans and how to finance the gap. This live session includes time to ask questions and have them answered by our experts.

Tuesday, May 5, 2020, 12:00 p.m. to 1:00 p.m.

Thursday, May 14, 2020, 7:30 p.m. to 8:30 p.m.

Wednesday, May 20, 2020, 12:00 p.m. to 1:00 p.m.

Tuesday, May 26, 2020, 7:30 p.m. to 8:30 p.m.

Understanding Credit

Designed to help students and their families understand how building and maintaining credit is critical to achieving financial well-being. Your credit score is an important number that influences the ability to finance major life events such as paying for college.

Tuesday, May 12, 2020, 12:00 p.m. to 1:00 p.m.

Thursday, May 28, 2020, 12:00 p.m. to 1:00 p.m.

Anyone interested in participating in any of these sessions may register [here](#).

For additional resources including our upcoming scholarship opportunity, please visit our College Bound Citizens website at citizensbank.com/collegeboundcitizens.

Attention Seniors!

Are you planning on enlisting in the military or already have done so? Are you receiving an ROTC scholarship? If so, we need to hear from you!

We need to finalize our military list of students and need to know if you will be enlisting into the Military or if you will be receiving any ROTC Scholarships. Please email Mrs. Monteiro nmonteiro@southingtonschools.org with the following information.

Your name:

Military Branch:

Recruiter's information: Name
 Phone #
 Email

If you are receiving an ROTC scholarship and what school you will be attending:
Please send email no later than May 9, 2020

COUNSELING RESOURCES

- **EMPS/211 - CALL 211- [Click here for EMPS Website and Services](#)**
- **SPS COVID-19 INFORMATION FOR FAMILIES [Click here for SPS COVID-19 Information](#)**
- **VALUABLE INFORMATION TO MAINTAIN YOUR MENTAL HEALTH DURING A PANDEMIC: [Click here for Maintaining Your Mental Health](#)**
- **SOUTHINGTON BEHAVIORAL HEALTH DIRECTORY [Click here for a PDF of the Directory](#)**
- **SUICIDE PREVENTION HOTLINE 1-800-273-8255 or TEXT 741741
[Click here for Suicide Prevention Information](#) [Click here for Suicide Prevention Information](#)**
- **CT State Department of Education Family Tips-Providing Social and Emotional Support to Children [Click Here](#)**