



EPPING MIDDLE HIGH SCHOOL

**School Counseling
Department**
603-679-2544 ext. 4114

Meet Your School Counseling Department:

Each counselor's primary areas of focus is noted below; all school counselors can provide assistance to any student in immediate need. Contact information can be found on the school website www.sau14.org/emhs.

Nick DeGruttola, School Counselor: Mr. DeGruttola is a NH certified school counselor who has been with the Epping School District since 2008. Mr. Degruttola's primary focus in the EMHS counseling department is to provide counseling services to students in grades 6-8.

Julie Morin, School Counselor: Mrs. Morin is a NH certified school counselor who has been with the Epping School District since 2010. Mrs. Morin's primary focus is to provide school counseling services to students in grades 9-12.

Melora Bisailon, Alternative Program Counselor: Mrs. Bisailon is a NH certified school counselor who has been with the Epping School District since 2003. Mrs. Bisailon's primary focus is on alternative and transition programming for students in grades 6-12.

Sarah Wagner, School Psychologist

Tracy Bell, Administrative Assistant / Registrar

SCHOOL COUNSELING SERVICES, GRADES 6-12

Individual and/or Group Counseling

Students can meet with a school counselor for a variety of needs, including:

- Academic concerns
- Social concerns with friends/classmates
- Coping with anxiety
- Other personal issues

Additional Support Services

Every student is unique and school counselors can assist with helping school meet their needs, including:

- 504 plan management for students with disabilities
- Coordination of needs for homeless students
- Consultation with teachers
- Referral to outside counseling services*

How do parents access school counseling for their student?

EMHS school counselors work together with parents to best support their students at school. Parents are encouraged to reach out by email or phone with questions or concerns anytime.

**School counseling is a brief, solution-focused intervention for issues impacting a student's ability to be successful at school. Counselors may suggest outside counseling for students who would benefit from the support of a professional mental health counselor and EMHS counselors can assist with making referrals when needed.*

Crisis Intervention Counseling

School counselors can help when something happens in a student's life that leads to intense emotional distress.

School Transition Planning

School counselors at EMHS work together with the elementary school counselors, student services department, and school administration to support students and parents in grade and school level transitions as they progress through their education.

How do students access school counseling services?

Stop by the school counseling office anytime! Drop by or ask a teacher if you can go to the counseling office. Mrs. Bell greets all students and can either get them in with a counselor immediately or schedule a time for them to come back.

-or-

Students in grades 6-12 can either email a school counselor to request a meeting or fill out a meeting request form on the school counseling website.

COUNSELING: GRADES 6-12

Below is a sampling of activities and support offered through the EMHS School Counseling Department. For more information about any of these topics, you can contact the administrative assistant Mrs. Bell who can connect you with a counselor.

- Adventure Based Counseling
 - Small group interventions during the school day and after-school
 - Challenges students to become critical thinkers, collaborators, problem solvers, responsible decision makers and confident learners, promoting social and emotional growth
- Course scheduling
- Academic advising & 4-year planning
- Extended Learning Opportunities (ELO)
 - Development and management of plans that support learning outside of the traditional school day
- Career exploration assessments & activities
 - ASVAB, O*Net, and other online career tools
 - Year-round career exploration speaker series (trades, medical professionals, military, law enforcement, and many others)
- Parent information nights & School assemblies
 - Ex: college prep, financial aid, mental health, drug/alcohol abuse, driving safety, online safety
- Standardized testing for state and college purposes
 - PSAT, SAT, AP
 - NH SAS
- Dropout prevention & access to alternative programming
 - Credit recovery systems
 - Alternative learning plans
 - Support with adult education or high school equivalency
- Comprehensive college advising
 - Essay workshops
 - Common App help sessions
 - College admissions representative visits
 - Financial aid & scholarship guidance
 - College search guidance
- Registrar/assistant related support
 - Powerschool & enrollment assistance
 - Transcript requests
 - Community based scholarships



I AM COLLEGE BOUND

"I Am College Bound" is an annual event held at the high school in November and sponsored by NHHEAF. On this day, seniors can apply to all NH colleges with no application fees. Students receive professional assistance with their applications and are entered into a \$500 scholarship raffle!

