**Centennial High School Comprehensive Counseling Program:**

**2019-2020**

**Visit Us At:** [**www.mycentennialcounseling.com**](http://www.mycentennialcounseling.com)

**9th Grade Programs**

* **Fall Freshman Parent Night #1: September 24**
* **Fall Freshman Classroom Guidance & Counselors’ Welcome**: *Knowing Your #s for Academic Success-Grad Reqs, Tracking Credits, Power of Zeroes, Goal Setting* (September)
* **9th Grade BRIDGE Law Benchmark Activity**: *Career Interest Inventory* (January)
* **Spring Freshman Classroom Guidance:** *4 Year Academic Plan* (February)
* **Spring Freshman Parent Night #2: February 5**
* **9th Grade Course Registration Blitz:** *Counselors assist students individually with course selection for the upcoming school year* (Feb-March)
* **Signs of Suicide Classroom Guidance:** *Suicide prevention program designed to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment. CHS counseling adopted this program in 2006 and continues to deliver it to all students in conjunction with the Health course curriculum.* (December and March)

**10th Grade Programs**

* **Fall Sophomore Classroom Guidance**: *Cyber-Safety* (November)
* **Sophomore/Junior Parent Night: November 12**
* **Spring Sophomore Classroom Guidance**: *Career Ability & Interest Inventory* (January/February)
* **10th Grade BRIDGE Law Benchmark Activity**: *Dual Enrollment opportunities*
* **10th Grade Course Registration Blitz:** *Counselors assist students individually with course selection for the upcoming school year* (Feb-March)

**11th Grade Programs**

* **Sophomore/Junior Parent Night: November 12**
* **Fall Junior Classroom Guidance**: *College Selectivity-What Factors Colleges Consider in Admissions* (October)
* **11th Grade BRIDGE Law Benchmark Activity:** *Virtual College Search* (October)
* **Junior Advisement Meetings**: *Individual* *Graduation Status Check/Post-Secondary Planning* (November – March)
* **Spring Junior Classroom Guidance**: *Finding the Right Fit-What Factors Student Should Consider in Their College Search Process* (March)
* **11th Grade Course Registration Blitz:** *Counselors assist students individually with course selection for the upcoming school year* (Feb-March)

**12th Grade Programs**

* **Senior Graduation-Status Blitz**: (August)
* **Senior Parent Night: September 12**
* **Fall Senior Classroom Guidance**: *Post-Secondary Readiness and Resources* (September)
* **Apply to College Day**: October 24
* **Spring Senior Classroom Guidance:** *Scholarships and Financial Aid* (January)
* **12th Grade BRIDGE Law Benchmark Activity/Senior Exit Survey***: Documenting Post-Secondary Plans* (April – May)
* **College Signing Day**: (May)

**Counseling Programs Reaching Students in Grades 9th–12th Graders**

* New Student Support Group (yearlong)
* **College & Career Events & Activities**: all throughout October
* PSAT/ Free SAT Day: October 16
* **Financial Aid Night: November 20**
* **Dual Enrollment Night: December 12**
* **IB Night: TBA by CHS administration**
* **AP Night: TBA by CHS administration**
* New Student Liaison Program
* College Representative Visits
* College Fairs/Campus Visits (Grades 11-12)
* College & Career Center (coming soon!)
* Counselor Advisory Council (includes students, teachers, administrators, parents, and community members): Meets in Fall and Spring

**Rising 9th Grade Programs**

* Rising Freshman Parent Night: **January 22**
* 8th Grade Visitation Days: **January 28 & 29**

**Additional School Counseling Services**

* Academic Advisement
* Parent/Teacher Conferences
* Career Guidance and Exploration
* Summer School Information
* Community Agency Referrals
* Academic Skill Building
* Collaboration with Teachers, Administrators, School Social Worker, and School Psychologist
* Care Team Referrals
* Post-Secondary Planning and Advising
* SAT and ACT Information
* Crisis Interventions
* Foreign Exchange Program
* Dual Enrollment Information
* New Student Enrollments

|  |
| --- |
| **2019-2020 Centennial High School Counseling Department Staff** |
| **Last Names Beginning With** | **Counseling Staff** | **E-mail Address** |
| A – Cas, AVID students | Will Jones | JonesW3@fultonschools.org |
| Cat - Harp | Nsikan Ekpo | EkpoN@fultonschools.org |
| Harq- Mep | Heidi Ruppe | Ruppe@fultonschools.org |
| Meq - Sal | Melissa Freeman | FreemanMA@fultonschools.org |
| Sam – Z | Hella Peart | Peart@fultonschools.org |
| Counseling Office Secretary | Getra White | WhiteF@fultonschools.org |
| Registrar | Nancy Stickel | StickelN@fultonschools.org |
| Graduation Coach | Anne Rigsbey | Rigsbey@fultonschools.org |
| School Social Worker | Erika Cohen | CohenED@fultonschools.org |

**Counseling Department Website:** [**www.mycentennialcounseling.com**](http://www.mycentennialcounseling.com)