

the

Skyridge Counseling Office

Creating a culture of acceptance, accountability, and engagement

801-610-8820



Recent News

Senior CCR

College & Career Readiness

Meetings were held throughout the months of September & October. Every senior has had an opportunity to meet one-on-one with their counselor (& a parent) to discuss next step planning. Students also had a Counselor presentation during their English Classes to discuss college and career options, personality testing, and dates and deadlines for college admissions.

College Tour Day- we had a very successful day with recruiters from all over the state. We gave out books with ALL the information about college admissions, deadlines, etc. If you did not attend = you really missed out! But, you can pick up your book in the counseling office

FAFSA night – what a fabulous way to pay for college. Many students and parents joined us to learn about paying for college! Thanks to all who attended.

We love your students!

The counselors at Skyridge love working with your students! We come from various locations and backgrounds that help us be a well-rounded and engaging team. We have many goals this year, and some have already been accomplished! We hope you enjoy reading about what your students are doing and also get information about dates and activities coming up!

Save the Date!

November:

9=Dixie

10=SUU/USU

11=UofU

15=UVU

16=Weber/SLCC

College Application Week

Seniors can complete applications with the college reps. Come during Skytime to the lecture halls! Have your driver's license and know your social security number!





"We are no longer 'guidance counselors' only focused on graduation and course selection for students. We are Professional School Counselors who focus on the academic, persona/social AND career development of ALL students."

Counselor Led Skytime

Our counselors are very active at Skyridge. We offer many choices at Skytime for students to be involved in.

We currently mentor Skytime:

HOPE Squad

Miracle Makers Club

Reading Club

College & Career Readiness Team

NCAA

Beauty Club

Scholarship Advising

College App Week

Who are we?

We all have masters degrees in counseling. This means we meet with students regarding mental wellness issues. We are also college and career counselors. We do registration, class changes, scholarships, track graduation requirements, etc. We conduct groups as needed (divorce, grief, resiliency, etc). We also are guest presenters in classrooms and generally present on issues teachers/students/parents have deemed as valuable on our Needs Assessment survey conducted the previous year.

Why do we need school counselors?

School counselors help everyone at the school and community. We are your advocate to make sure student schedules not only lead to a diploma, but are in the best interest of the student's development to be a productive citizen. We are also a resource for those students needing help with anxiety, depression, or just motivation. We help with the college admissions process and advise on career choices. We do class changes, and advise on options to track graduation requirements. This year we will be offering groups for those needing help with divorce, grief, and developing resiliency. If you would like your student to be part of this, e-mail mporcelli@alpinedistrict.org or call the counseling office at 801-610-8820





Upcoming Activities You WANT to be a Part of:

College & Scholarship Application Weeks

November 8-11 and 15-18

During these weeks, we want all seniors to complete at least one college application or scholarship application.

SUU is waiving their admission fee for you if you apply this month. Your counselor will meet you in the lecture halls at Skytime with the code.

There will be a college rep here each day. Check the schedule on the front page.

Do some research before and decide where you are interested in applying and what scholarships you want to apply for.

Sophomore CCR meetings Nov 14 - Dec 22

Parents, sign-up using the Online Scheduler link on the school website. This is your one-on-one meeting with the counselor to plan your junior and senior year! Check with your student to make sure you sign up during a class they can easily make up the work and don't have a test at that time!

(*Please WAIT to sign up until AFTER you have your Skytime Counselor presentation)

Counselor Led Groups

If you want your child to participate, these groups are held for 8-12 Skytimes (these may be once a week or go every day for 2-3 weeks). However, we feel the need to serve students in this way, so feel free to sign them up!

- *Divorce Group (with Ms. Bearden & Mrs. Lewis)
- *Resiliency Group (with Mrs. Porcelli and Mr. Blatter)
- *Grief Group (with Mrs. Porcelli & Ms. Shaia)

College App Deadlines

Seniors: Get those applications in! We recommended applying to 2-3 colleges and other Higher Ed opportunities! Some priority deadlines are Dec 1st - check your StepUP booklet you received at College TOUR day for more info.

Semester two class changes

Class changes for semester two will be offered January 3-18. We will have a list of classes that have openings for you to choose from. However, your class change is NOT guaranteed. If you have noticed, one change can switch your entire schedule. It is \$5 and there is a form to fill out. NO teacher changes will be accommodated without admin approval. Do NOT bug the teachers to ask them if you can be in their class. The counseling office will have the list with openings - it's not fair to ask a teacher to overfill their class. Please respect this!

"The scariest moment is always just before you start."



Don't be afraid to amaze yourself

MEET YOUR COUNSELOR

FALL 2016

Heather Bearden (Gn-Kel)

I am a crazy cat lady and my favorite color is orange so I love seeing orange all around the school! I love to read and play with make up in my free time. I enjoy being a school counselor because I get to do individual and group counseling with students here at the school, but I also have part of the summer off so that I can wake board and be on the lake as much as possible!

I am the lead advisor for HOPE squad. HOPE squad is a peer-to-peer support team. Students who are at-risk for suicidal behaviors are more likely to confide in a peer than an adult. The HOPE squad acts as the eyes and ears of the school, and provides a link between struggling students and adult help. Through research-based training, HOPE squad members are empowered to seek help and save a life. Students are nominated by their peers through a student poll. Students are asked to nominate peers that students feel comfortable going to in difficult times. My involvement in HOPE squad is the best part of my job. I get referrals regularly of students that may be in crisis and I am able to get them the help they need.



David Gause (No-Sma)

My name is David Gause and I am part of the counseling team here at Skyridge. I previously worked at Lehi High school for seven years. This first year at Skyridge has been very busy and I learn new things every day. As part of the counseling office team, I have been involved with the recent college tour, FAFSA night and upcoming College Application Week events. In my spare time, I am involved with family, grandchildren and continue being mechanically dangerous. Good luck at Skyridge and go Falcons!



Lynn Meek –Head Counselor (A-Chi)

Lynn Meek - This is my 27th year in education. I have taught history as well as being a school counselor. I love sports and one of my hobbies is coaching.

One of the exciting things going on at Skyridge this year is the College and Career Readiness Team. This is a group of students that meets every Friday during Skytime. They are becoming experts on topics such as choosing a college, college applications, ways to pay for college, scholarship searches, choosing a college major, etc. The goal is to learn these things for their own benefit, but also to serve as a resource to other students who need help in these areas. Students in grades 9-12 are welcome to join this team. For more information see Mr. Meek



Tim Blatter (Smi-Z)

Mr. Timothy Blatter is a counselor here at Skyridge High School and works with the last name alphabet of Smi - Z. He comes to Skyridge from Mountain View High School in Orem where he taught English for the first 14 years and then has been a counselor for the past 11 years. He also coaches wrestling and is a co-facilitator of the Skyridge Athletics Club with Coach Deanna Meyring. Mr. Blatter is also over the NCAA Eligibility for Skyridge student-athletes, is the ALS (Alternative Language Services) and AI/AN (American Indian/Alaska Native) Coordinator, and updates info for the College and Career Readiness Meetings for sophomores at Skyridge High.





Michelle Porcelli (Kem-Ni)

I love working with teens because of their spirit and spunk they have for life. I have been a counselor for 7 years (at Lehi), but have been an educator for a very long time. I was the Young Mother's Director for 10 years, and also a BYU IS Instructor. But, I am excited to call Skyridge my home.

I help with the Miracle Makers club (join us!) and also help teens needing mental wellness coaching. I directed the 'Be the Change' program at Lehi that empowers teen to learn resiliency, acceptance, and accountability. I will be the mentor for the upcoming grief and resiliency groups.

I am a professional speaker (in my tons of free time) and my dream is to travel around the world. But, that may not happen because I have an obsession with buying things off Amazon.

I have 5 amazing kids, 1 husband, 2 dogs, 1 cat, and a goldfish.

Orange is growing on me! However, I have always felt a kindred spirit to Hawks (it's the mom in me), but Falcons are cool too. I truly love these kids. They have my time, attention, and my heart.

Jennifer Lewis (Chr-G1)

Mrs. Lewis is an intern in our counseling office at Skyridge this year. I am a student in the School Counseling program at the University of Utah - but will always be a BYU Cougar! I am excited to be at Skyridge and getting to know our amazing students! This year I will be helping with the AP testing and the 9th grade Reality Town. Call our office and let us know if you would be interested in volunteering at this fun event! A bit about me - I live in Saratoga Springs with my husband and (currently) 3 of my 4 children. We lived in Orem for 20 years before that, and 3 of my kids graduated from Timpanogos High School. If I have any spare time, I love reading, hiking, playing board games with my family, and cheering for the Seattle Seahawks! I feel very fortunate to be at Skyridge this year, working with and learning from such a great counseling team! Please stop in to see us if we can help in any way!



Leslie Smith - Registrar

I am the Registrar at Skyridge High School. Enjoying all the opportunities to learn, grow, and contribute to our awesome new school and culture. Just a heads up that 1st term report cards are now posted on Skyward. Parents can access them under attachments in the Student Portfolio tab in Skyward. Transcripts now reflect 1st Quarter grades, updated GPA's, and class rankings.

I have been married for 27 years to my high school sweetheart. We have 3 children who all graduated from Lehi High and are all in college now. Two of them hope to be teaching in the district in the next few years. I enjoy movies, traveling, decorating and eating out! We have lived in Lehi for almost 18 years and love being a part of the Skyridge community.

Cassidy Shaia – School Social Worker

I am excited to be here at Skyridge High School assisting students in making the most of their educational experience. Education has always been important to me. I am currently attending the masters of social work program at the University of Utah. My role as a school social worker is to work with students, parents, counselors, and teachers to smoothing out the road bumps that arise for students with anxiety, depression, self-harming tendencies, and family/relationship concerns. Also, I am happy to help connect families to resources here within the community. I am glad to be a part of the team here at Skyridge.



Tiina Smith - Secretary

My name is Tiina Smith and I'm the head secretary in the Counseling office. No it's not a typo. My name is spelled with two I's because it's Finnish. I know I don't look half Finnish:)

I worked at the Jr. High for two years as a para-educator and loved every minute of it. However, I wanted to be with my daughter who is a sophomore and was lucky enough to get a job at this beautiful school. I'm thrilled to work with so many wonderful people from Lehi Jr. High as well as all the other amazing people here. I have loved getting to know your kids as they come into the office to speak with their counselors.

-- It's that time of year when students need transcripts to apply for college. To request a transcript, please come into the office and sign our form. We need 48 hours to print them, so please plan ahead ☺ Our office will not mail transcripts. There are a few colleges in the state that will take them electronically and we will send those. Utah State University and Utah Valley University will both take transcripts by email. University of Utah will take them electronically, but there is a form the student is emailed and it has a password on it. That needs to come to us. BYU, BYU-I and BYU-Hawaii only accept transcripts through the mail. As we learn how other colleges accept them, we will post it.



Jill Fielding – Concurrent Enrollment & Scholarships

I am so happy to be in the Counseling Office at Skyridge! This is my first time working at a school and it's a great place to be. We have amazing administrators, teachers, staff and students – and a beautiful school!!

I am a secretary and my “specialty” is Concurrent Enrollment and Scholarships. Please come see me or call if you have questions about CE – it's a great program where your student is enrolled at a class here at the high school and can get college credit at the same time – for just a few dollars. It's something many students should explore.

I am also anxious to help your students find scholarships. College is expensive – and many students think it's not for them because they can't afford it. But there are ways to help defer costs. I am working to get scholarship information on our school website. The information will be sparse for a little while, but it's a work in progress. Please keep checking our website for updates (Counseling tab, then click on “Paying for College”).

Student Advocates – attendance tracking & super women!

As advocates, we are here for the students of Skyridge High School! Our role is to provide support for students who may need additional encouragement and help to make sure they are on track to graduate. We work with administrators, counselors and parents to help ensure the success of our students. We do this by tracking attendance, meeting with students to go over grades and setting goals with them. Our goal is to help support student success here at Skyridge!

Karen Belnap, Cami Clark and Pam Gordon

