

# MTHS

Class of 2023

Welcome to the  
Counseling Center



# MTHS Counseling/Support Staff

## Counselors

Allison Hong	A-D	<a href="mailto:honga@edmonds.wednet.edu">honga@edmonds.wednet.edu</a>
Rebecca Brennan	E-K	<a href="mailto:brennanr@edmonds.wednet.edu">brennanr@edmonds.wednet.edu</a>
Brad Serka	L-Ri	<a href="mailto:serkab@edmonds.wednet.edu">serkab@edmonds.wednet.edu</a>
Amy Wiskerchen	Rj-Z	<a href="mailto:wiskerchena901@edmonds.wednet.edu">wiskerchena901@edmonds.wednet.edu</a>

## Support Staff

Latisha Williams (School Social Worker)

Barb Brister (Career Specialist)

Erica Henley (Registrar)

Michelle Christensen (Secretary)



# Please let us help you...

- stress with school, friends, family
- homework confusion
- study strategies
- schedule changes
- college questions
- career questions
- teacher conflicts
- referrals to resources outside of school



# How can I see my counselor?

**Lunchtime:** We leave it open for “drop-ins”. You can usually find us outside the counseling office at the roundtables. Feel free to come on by without an appointment, and we’ll try to help you. You can also stop by to say hi!

**Scheduling an appointment:** In order to make an appointment to see your counselor, you need to speak with the secretary in the Counseling Office for any meeting that needs to happen before school, after school, or during a class.

**Email/Call:** You can also email or call counselors, but talking to a secretary is usually the easiest, and fastest way, to connect with your counselor.

We do not usually send passes..., check your email for a calendar appointment to show your teacher. Check email regularly!



# Confidentiality...

- We will keep all things confidential, unless you tell us about someone (you or someone else) that is a threat to harm themselves or someone else. We are legally required to report that danger to people like the police, the school administration, or the school district office.



# MTHS Minimum Graduation Requirements

SUBJECT	CREDITS	SEMESTERS
● Art	1	2
● English	4	8
● Personal Finance	0.5	1
● Health	0.5	1
● Physical Education	1.5	3
● Math	3	6
● Career & Technical	1.5	3
● Science	3	6
● Social Studies	3.5	7
● Electives	5.5	11
● State Tests (SBA/ELA/Science)		
<b>TOTAL CREDITS</b>	<b>24</b>	<b>48</b>

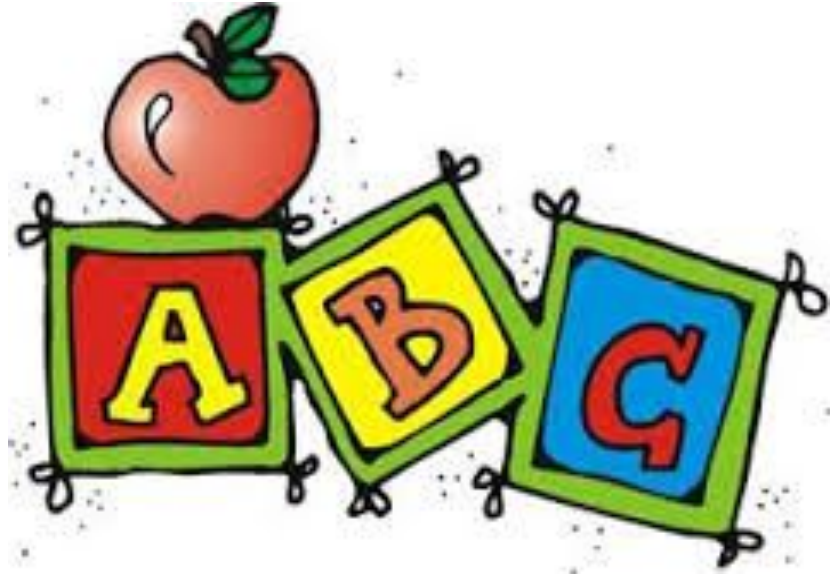


# Using The ABCs at School

Attendance

Behavior

Completing Homework



# Attendance Matters!



- A missed school day is a lost opportunity for students to learn.
- Research shows that students who attend school regularly are more likely to succeed in academics.
- Students who attend school regularly tend to receive higher grades and perform at higher levels than students who do not attend school regularly.





# How do I get help if I am absent or having difficulty in a class?

- Talk to your teachers during class, after school, or email teachers with questions.
- Make an appointment with teachers during PASS.
- Hawk Study Club: 2:00 – 3:30 Tuesday, Wednesday, and Thursday in the Library. Bus transportation is available for students at 3:30 p.m.
- Honor Society tutors may be available.
- Find a study partner from your class.
- Community Homework Center: Adult tutors available at Terrace Park Elementary on T/TH evenings.
- Online Homework Help 3pm-10pm daily through the Sno-Isle Library ([www.sno-isle.org](http://www.sno-isle.org) – a free Sno-Isle library card is required. Spanish translation is available).



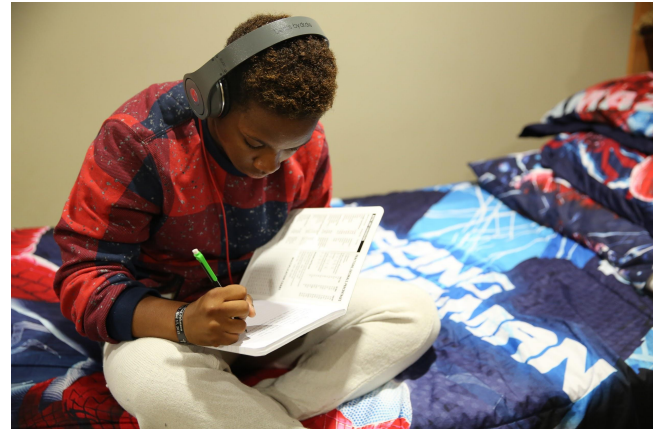
# Why do I need to get along with my teachers?

- It makes the time you spend in the classroom more pleasant.
- Students that get along with their teachers learn more. They're more comfortable asking questions, and getting extra help.
- “Getting along” means you and your teacher have a way of communicating that works for both of you. It means being respectful, polite and trying your best to learn.



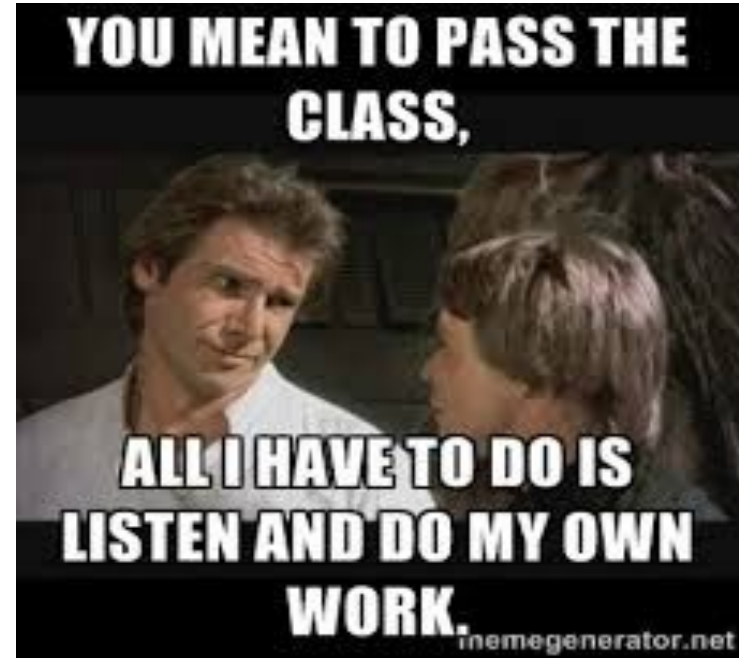
# Why is doing my homework important?

- It helps you to review and understand what you're learning in class.
- It teaches students to be responsible for completing a task.
- It teaches students to work independently and develop self-discipline.
- Completing your homework and turning it in on time will help your grades and better prepare you for tests.



# Bottom Line of the ABCs

- If you attend school regularly,
  - If you are well behaved at school,
  - and,
  - If you complete your homework,
- THEN,**
- You should pass the class!



# Free & Reduced Lunch...

- It's not just about the pizza!
- More people qualify than you might think.
- If you qualify, you get...
  - FREE College Applications! (up to \$500 savings)
  - Take the SAT and/or ACT for FREE! (\$110 savings)
  - Reduced cost \$9.95 home internet (per month) from Comcast.
  - Take AP or CHS for free or at a reduced cost
  - Take PSAT and PreACT for free
  - Other important things like potential scholarships, waivers, etc.



## Don't miss out...

- Pay attention to daily announcements!
- Be an advocate for yourself. Speak up and tell someone at school if you need help.
- The Counseling and Career Center is an important resource. Use these resources to your advantage.
- Check email regularly! Look for Weekly Highlights on Fridays



Note to Self:  
Pay Attention

# GET INVOLVED

High School is what you make of it!

We have LOTS of clubs and activities. Join a sport or a club and GET INVOLVED!

Don't be afraid to ask for help if you need it! Know who your support team is-- teachers, counselors, admin, parents--- we are here because we CARE and want to see you succeed!



# Get Involved! Clubs! Activities!

**CLUBS:** Asian Student Union...Black Student Union... Board Games... Chess...Connect....DECA...Eco.....FCCLA....Gay/Straight Alliance...Growth Group... Feminism..... Hawkeye.....Hip Hop...Iatrix... Jewelry...Key Club...Knitting... Latino Student Union.....Robotics...Rocketry...Technology Student Association...Theatre Sports....Teens Against Tobacco Use...Video Game...Yearbook

**SPORTS:** Cross Country...Football...Boys Tennis...Girls Soccer...Girls Swimming...Volleyball...Boys Basketball... Swimming...Girls Basketball...Wrestling...Baseball...Boys Golf...Girls Golf...Boys Soccer...Softball...Girls Tennis...Track





**Thank you for listening today...**

**We hope to see you soon!**

