

Counseling Connection

SEPTEMBER - OCTOBER 2018 | NEWSLETTER

IMPORTANT DATES:

ACT TEST DATES

OCTOBER 2ND (SENIORS ONLY)
OCTOBER 27TH
DECEMBER 8TH
FEBRUARY 9TH
APRIL 13TH
JUNE 8TH

PSAT

OCTOBER 10TH

SAT TEST DATES

OCTOBER 6TH
NOVEMBER 3RD
DECEMBER 1ST
MARCH 9TH
MAY 4TH
JUNE 1ST

P/T CONFERENCES (NO SCHOOL)

OCTOBER 17TH

FALL BREAK

OCTOBER 18TH-19TH

PROFESSIONAL DAY (NO SCHOOL)

OCTOBER 18TH-19TH

ROLE OF A SCHOOL COUNSELOR

School Counselors... aren't they the ones that just change schedules? It is a great misconception that school counselors only change schedules and help students fill out college applications. However, there is a much greater job to be done.

School counselors hold at least a master's degree and are trained in child and adolescent development, learning strategies, self-management and social skills. Counselors provide education, prevention and intervention activities which are integrated into all aspects of



"Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."

students' lives. Counselors work with students to help develop their knowledge, attitudes and skills for academic, career and personal/social development, which serve as the foundation for future success. These skills make them a uniquely qualified staff member to work with all students.

At Union High School there are 9 school counselors on staff, 3 counselors per grade level. This breaks down to each counselor serving around 400 students. Union is also fortunate to have 2 college and career advisors.

School Counselors are mental health professionals; however, they are not therapists. The distinct difference between the two professions lies in being able to diagnose and see patients on a regular basis. Therapists have the ability to do this, but school counselors do not.

High school counselors also collaborate with teachers and parents. If you have concerns about your student's academic, career and/or social and emotional developmental, please contact your designated counselor. Some of the available resources that your school counselor can assist with:

- Clothes closet
- Food pantry
- CREOKS Therapist Referrals
- Union OU Clinic

Continue to Page 2



Meet the New Counselors

Jessica Hogaboom - Class of 2020 A-F "This is my sixth year in education, but my first at Union! I earned my bachelor's degree from the University of Oklahoma in Psychology and Sociology. I then became an elementary special education teacher and taught for 5 years. While teaching, I earned two master's degrees from Oklahoma State University; first in Teaching, Learning, and Leadership and then in Counseling. I love spending time with my husband, Nick, and my almost 2 year old son, Tate. I also enjoy yoga, crafting, and reading. Please don't hesitate to contact me for assistance!"

Kali Anderson - Class of 2020 (O-Z) "My name is Kali Anderson and I am the Class of 2020, O-Z, school counselor at Union High School. I had the pleasure of joining and working with the counseling department at UHS this spring, then welcomed back this fall with the Class of 2020 team. My experience includes working as a teacher, counselor, volunteer, and advocate for children, teens, and families. I have a Master's Degree in School Counseling from East Central University and a Bachelor's Degree in Special Education from Southeastern Oklahoma State University. When I'm not busy being mom to my favorite 5 year old, I enjoy spending time with my friends and family, watching movies, outdoor activities, and reading. It is an honor to have the opportunity to work with the students, families, and staff at Union High School and I look forward to a great year!"

Rebekah Johnson - Class of 2021 (A-F) "My first year at Union High School marks ten and a half years in education. I started my career as a classroom teacher in rural southwest Missouri. I spent my first five and a half years in Missouri as both a classroom teacher and K-8 counselor before moving to Tulsa. My education journey started at Oklahoma State University where I earned my B.S. in elementary education, followed a MEd in School Counseling from Liberty University, and School Administration certification from Northeastern State University. My time has been devoted the last three years to foster parenting. I love hiking, camping, and being outdoors in general. I am excited to be a part of the Redskin family!"

Credit Recovery

Dates: September 10-December 14th

Where: UHS Room 2122

Lab Hours: 3:30-6:00 PM Monday- Thursday

Enrollment: Begins August 31st

Cost: One class = \$30

More than one class = \$60

*Contact your counselor for questions

Union High School Counselors

CLASS OF 2019

DEBBIE WEBER A-F
(918) 357-7208

CASEY MACHADO G-N
(918) 357-7180

NICOLE TAFOYA O-Z
(918) 357-6332

CLASS OF 2020

JESSICA HOGABOOM A-F
(918) 357-7340

MEGAN KENNEDY G-N
(918) 357-7209

KALI ANDERSON O-Z
(918) 357-7251

CLASS OF 2021

REBEKAH JOHNSON A-F
(918) 357-7223

JENNIFER WALTERS G-N
(918) 357-7202

DEANNA HADDEN O-Z
(918) 357-7213

Interested in Alternative School?

Union's Alternative School is a great place for students who struggle academically for a variety of reasons. Students must apply and attend a forum in order to schedule an interview. Applications can be found on the Union website or students can retrieve one from their counselor. Alternative School Contacts:

Chris Ducker (Principal):
918-357-7080

Judith Dickson (Counselor):
918-357-7081