AUGUST 2021

COUNSELING CONNECTION

Monthly Newsletter of the Gibbs High School Counseling Dept.

UPCOMING DATES

Underclassmen Pictures
AUGUST 25

CORE Lesson
SEPTEMBER 7

Senior Family Night & Final day to Register for the PSAT SEPTEMBER 14

CORE Lesson
SEPTEMBER 20

College & Career Fair SEPTEMBER 28

> Senior ACT OCTOBER 5

Parent Teacher Conferences OCTOBER 7

Listenne Back, School EaglesIII

We need your feedback!

As we finalize plans for our school counseling curriculum- we would love your input. Please follow the link below to complete our parent/guardian school counseling needs assessment.



We are looking forward to working with you and your student during their high school career! As your school counselors, we have a lot of great things planned for families and students. We are here to help your student gain success in high school and beyond!

Gibbs High has 4 professional school counselors:

Kim Galyon - Last Names A-D Malee Hogan - Last Names E-K Marissa Buchanan - Last Names L-Ri Sarah Draper - Last Names Ro-Z

Our Duties: School counselors take on many different roles within a school. Our duties include classroom guidance lessons, small group and individual counseling, as well as consultation with parents, teachers, and administrators. While counselors do not directly handle discipline with students, we can assist with positive behavior strategies. Our goal is for each student to develop socially, emotionally, and academically, and we strive to create a safe and positive environment in which each child can accomplish this. School counselors work with students for a variety of reasons, including: academic concerns, college/post-secondary planning, career preparation, personal struggles, mental health concerns, and peer issues. We can also assist our families in times of hardship, as we have access to many community resources. As counselors, we are dedicated to helping each child succeed in school and life.

Feeling Anxious? Ways for Children and Teens to Cope with Anna Swan, PhD

Parents who completed our Needs Assessment listed Stress/Anxiety Management as one of their top concerns for their student(s).

Take a moment and check out the video above that offers some great ways to help our students cope.





Kim Galyon

Malee Hogan





Marissa Buchanan

Sarah Draper



kim.galyon@knoxschools.org malee.hogan@knoxschools.org marissa.buchanan@knoxschools.org sarah.draper@knoxschools.org

SENIOR CHECKLIST: Class of 2022

CLASS OF 2022

SENIOR SPOT

¥ ///\\ • -

¥ ///\\ ●

Apply for TN Promise by 11/1/21

Each senior will apply for TN Promise regardless of their postsecondary plan. If you are going to a 4 year college, apply anyway. You never know when you may need this Plan B! If community college is your plan A, apply now. If you are going to trade school at TCAT (Tennessee College of Applied Technology), TN Promise pays for your education there, too. Each student will keep their username/password they set up with TSAC. I promise that you will need this information again this year! If you lose your login information or get locked out of your account, you will call the TSAC help desk as we do not have access to those in our office.

Visit Campus

All Seniors are offered TWO excused absences for college visits during their senior year. Stop by the counseling office to pick up your permission slip. Sign up for an official visit on your school(s) of choice's website.

Check for application deadlines & apply, apply, apply!

Many schools have early Fall application and decision deadlines, so make sure you are checking the website for any school you are interested in for their application deadline. For example, UTK's Early Action deadline is November 1st and their Regular Admissions deadline is December 15th.

Create FSA ID at fsaid.ed.gov

Whether you're a student, parent, or borrower, you'll need to create your own account to complete federal student aid tasks. It's important to understand that the student and the parent may not share an FSA ID: Your FSA ID is your signature, so it has to be unique to you.

Complete 2021–22 FAFSA by 2/1/22 (window opens 10/1/20) Before each year of college, apply for federal grants, work-study, and loans with the Free Application for

Before each year of college, apply for federal grants, work-study, and loans with the Free Application for Federal Student Aid (FAFSA®) form. Your college uses your FAFSA data to determine your federal aid eligibility. Many states and colleges use FAFSA data to award their own aid. After submission, you'll receive your Student Aid Report.

Apply for Scholarships

One of the best sources of scholarship and financial aid information is the Financial Aid and Scholarship Office at the college to which you are applying. Be sure to visit each college's website and follow that individual school's instructions regarding any required forms and/or deadlines. Other opportunities include State Monies, Scholarships Requiring Nomination, and Private & Independent Scholarships.