

SKYLINE

C O U N S E L I N G

Communication

Advocates

Counselors are in a unique position to help you establish positive communication with your teachers, coaches and administrators. Just ask!

Academic Coaching

Struggling in an advanced course or not challenging yourself enough?

Counselors will help you make informed decisions about your academic future, as well as developing your time management and organization skills.

Social and Emotional Wellness

From test anxiety to struggling with clinical depression or grieving a loved one, counselors can help you establish positive coping skills.

Post Secondary Planning

Need help determining what to do next? Counselors will help match your skill set to the perfect college or career after high school.

Who is my counselor and how can I make an appointment?

WHO? Your counselor is assigned by SLC in most cases. You can find out who your counselor is by checking powerschool or your schedule.

3rd floor Counseling staff:

Freda Didlake-Diversity SLC Counselor didlakef@aaps.k12.mi.us

Stephanie Carter- Integrity SLC Counselor carters@aaps.k12.mi.us

Stacia Pettus Weeks-All SLC Counselor weeks@aaps.k12.mi.us

4th floor Counseling staff:

Heather Schimmel-Innovation SLC Counselor schimmel@aaps.k12.mi.us

Amy McLoughlin-All SLC Counselor mclough@aaps.k12.mi.us

Ben Graham-Equality SLC Counselor grahamb@aaps.k12.mi.us

WHERE? Counselors are always available in a crisis. If you need immediate assistance, go to the SLC office and tell the secretary you need to see a counselor immediately.

If it is not an emergency, counselors are always available in B206 or their offices during both student lunches.

You can make an appointment to see your counselor at a time that is convenient for you, or you can sign in at the SLC office and the counselor will call you from class as soon as they become available. Many counselors have an open door policy which means if the door is open, they are available. You can also email your counselor anytime to set up an appointment. See your counselor to establish the best way to communicate.



WHY SHOULD I SEE MY COUNSELOR?

Your counselor can ensure that your daily routine at Skyline is safe and productive. Counselors are a confidential and personal resource for any issue you are facing including:

- **Stress and Anxiety**
- **Family Conflict**
- **Depression**
- **Harassment & Bullying**
- **Conflict Mediation**
- **Decision Making**
- **Self Injury & Harm**
- **Future Plans**
- **Course Selection & Placement**

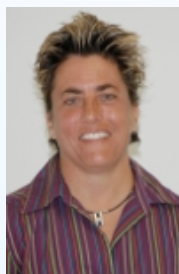
Counselors also oversee your transcript and 4 year plan to ensure that you are optimizing your time in high school and helping you get where you want to go after high school. Your counselor will write a recommendation to the college of your dreams, so make sure your counselor knows you well enough to share your fabulousness with others!

FREE TUTORING OPTIONS



ASK YOUR TEACHER

Most Skyline teachers are available before and after school for additional instruction. Many teachers also encourage students to see them during lunch. If you need help arranging times with your teacher, see your counselor.



SHS Drop-In Center

M, T & TH 2:30-4pm and W/F by appointment in the SHS Media Center. Adult and NHS tutors can assist in every subject.

Neutral Zone Teen Center

M-TH 3-5pm and extended times by appointment. The Neutral Zone offers tutoring in all core subjects including ACT/SAT. NZ also offers after-school programming that covers a myriad of interests.

Peace Neighborhood Center

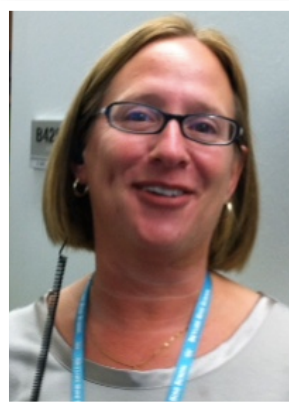
M & W 2:30-6:30pm. The PNC bus will pick up students after school and transport them to the PNC. Students must be registered and parents must attend an informational session prior

to attending. Tutoring is offered in all subjects but a focus is placed on the 9th grade curriculum. Contact Terry or Paul to sign-up.

826 Michigan

The Robot Repair Store

M-TH 3:30-5:30pm. One-on-one tutoring available in all subjects with an emphasis on English/Writing. ACT/SAT test preparation also available.



**Ms. Haller (pictured here) runs the SHS Drop-In Center and is a Community Assistant as well.*

There really is no excuse to not succeed and every reason to achieve.

TUTORING OPTIONS AT A GLANCE

AGENCY	Days	Hours	Address	More Info
SHS Drop-In Center	M, T, TH	2:20-4pm	SHS Media Center	www.a2skyline.org
Peace Neighborhood Center	M & W	2:30-6:30pm	1111 N. Maple St.	www.peaceneighborhoodcenter.org
Neutral Zone	M-TH	3-5pm	310 E. Washington St.	www.neutralzone.org
826 Michigan	M-TH	3:30-5:30	115 E. Liberty	www.826Michigan.org