

## Counseling Services

- Individual Counseling
- Group Counseling
- Crisis Intervention
- Academic and Career Counseling
- Referral to Community Agencies
- Classroom Lessons
- Career Planning
- Post-Secondary Planning
- Student Reviews with Parents
- Mentoring
- Community Service Opportunities
- Fresh Start Program
- Community Collaboration

## Community Resources

Child Abuse & Neglect Hotline  
1-800-842-2288

Community Mental Health Affiliates  
860-826-4985

The Cove Center for Grieving Children  
203-635-0500

Family Resources Center  
860-283-6167

HUSKY  
1-877-CT-HUSKY

McCall Foundation  
(Mental Health/Substance Abuse Program)  
860-496-2100

Northwest Counseling Center  
860-482-8561

Terryville Public Health  
860-585-4028

## Confidentiality

Counselors are required to follow the ACA ethical code regarding confidentiality. Confidentiality is maintained unless there is danger or harm to self or others, suspicion of abuse or neglect, or information required by a court.

# Terryville High School



## Counseling Department

**860-314-2777**

**[www.plymouth.k12.ct.us](http://www.plymouth.k12.ct.us)**

## Mission Statement

The mission of our school counseling department is to provide a safe and supportive school climate where students can achieve academically, socially and vocationally while understanding and appreciating individual differences. As school counselors, we strive to help each student become a contributing member of the school and community while recognizing and achieving their personal potential and goals.

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## Counseling Staff

### School Counselors

Lori Lusitani (Last Names A-L)  
Ext. 5409

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Michael McGowan (Last Names M-Z) Ext.5408  
mcgowanm@plymouth.k12.ct.us

### Social Worker

Michelle Luba, Ext 5410  
lubam@plymouth.k12.ct.us

### School Psychologist

Amy Werner Ext. 5411  
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### Certified Career Counselor

Alyssa Glaser Ext. 5412  
glasera@plymouth.k12.ct.us

### Counseling Department Secretary

Patricia Borda, Ext 5414  
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## Academics

Students graduating from Terryville High School must earn a minimum of 25 credits. Each student is required to complete the following academic classes to receive a THS diploma.

- 4 Credits in English
- 3 Credits in Math (STEM)
- 3 Credits in Social Studies (Both U.S. History I & II) (Humanities)
- 3 Credits in Science (Physical Science, Biology, Chemistry) (STEM)
- 1 In World Language
- 1 Credit in Physical Education
- 1 Credit in Health & Safety Education
- 1 Credit Mastery-Based Diploma Assessment

(2 Credits Additional Humanities; 3 Credits Additional STEM; 3 Credits in Any Area)

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30 Hours of Community Service  
(throughout the student's 4 years)

STUDENTS ARE PROMOTED  
THROUGH CREDITS EARNED

SOPHOMORE STATUS = 6  
JUNIOR STATUS = 12.5  
SENIOR STATUS = 19  
GRADUATION = 25

See your counselor for credit alternatives such as online courses, college credit, internships, and independent studies.

## THS Career Career

The Career Center offers a variety of opportunities for students including:

- Individual career planning
- Career/Personality assessments
- Identify work values, strengths, and interest areas
- Internships and Job shadows
- College Search and planning
- Career exploration trips & events
- Local College Tours
- Military and Armed Forces Options
- Trade School Visits
- Local trade unions & organizations
- Professional Guest Speakers
- Career Pathway Field Trips
- Lunch & Learns
- Junior Achievement Events
- Bristol Technical E.C Pathway
- Virtual Career Research
- Job readiness skills & workshops:
  - Job application
  - Resume writing
  - Mock Interviews
  - Soft/Hard Skills
  - Networking
  - Job Search Strategies

And much more!

Make an appointment with Mrs. Glaser or stop by the Career Center on the 3<sup>rd</sup> Floor to learn more about opportunities for career and postsecondary planning.