

TESLA STEM COUNSELING CORNER

Academic Counselors

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Meet The Counseling Team! (or just find out new info about them!)

- ◆ **Mrs. Welcome**—I starting working in LWSD in 2012 after taking a long break from my career for family. I feel fortunate to be working with the staff and students here. Students can pick up/drop off forms, set up some appointments and get general information from me. You will see me posting scholarship information and encouraging students to apply. My family and I have lived in this area for more than 17 years, I have three adult children and my youngest is a freshman at Western. Welcome to the Counseling Center! (And yes, my last name really is Welcome.)
- ◆ **Molly Touran** —I recently moved to the area after living in Tacoma, where I completed my M.Ed. in School Counseling at the University of Puget Sound. Before that, I completed my undergraduate degree at the University of Michigan-Ann Arbor. I grew up in a very STEM-focused family, so being at STEM feels a lot like home. I am excited to help our students navigate all the ups and downs of high school: whether it's meeting to plan a schedule that sets them on a fulfilling academic path, offering reassurance and coping techniques when things feel overwhelming, or advising on resumes, applications, and career plans. When I'm not in my office, you might find me running along Lake Washington, hiking in the Cascades, or watching a Michigan football game!
- ◆ **Jessica Strange**—After taking a year off last school year, I am excited to be back on campus, working with the students, staff and Tesla families again! Prior to STEM, I worked in California schools in the Bay Area and once my family and I moved up to Washington, I started working at STEM in 2013. I love being able to walk alongside students and families as they navigate high school and prepare to apply to colleges. Whether the need is to explore more into career pathways, editing support for college essays & applications, or working through a stressful time, my goal is to meet my students wherever they are and offer the support and resources they need. When I am not on campus, you will find me with my three young boys (5, 2 & 1). When I am not doing the endless amounts of laundry they create, we are playing hide and seek, playing soccer in the house (yikes!), building Lego creations or visiting a nearby park to blow off some energy! :)
- ◆ **Kelly Wescott**—I am delighted to be in my fourth year here at Tesla STEM! Prior to STEM I've spent my career as a Counselor at an alternative high school, a program for gifted teens, and counseling college-aged students! I am a proud graduate of UW for both my Bachelor's (Psychology) and Master's (School Counseling) degrees. I love the Apple Cup (especially this year!), skiing, and spending time with my own teenage girls. I also love helping teens as they journey into young adulthood and work towards becoming their best possible selves!

First Quarter's Grades:

First Quarter end on November 7th, with grades being posted to Skyward on November 14th. We hope that you are regularly checking Skyward (for grades) and Powerschool (for class assignments) to help plan for projects and upcoming tests. For help with Parent Access registration and login info, please go to [LWSD Parent Access Page](#) We highly encourage students to make use of teacher's office hours if they need additional help! Faculty Office Hours are posted on the school website under the [About Us](#) tab.

Graduation Requirements/Credits:

24 Credits are required for the graduating classes 2019 and beyond. Traditional Tesla STEM curriculum prepares our students to meet their HS requirements as well as more rigorous University admissions requirements. Details for LWSD High School Diploma can be found on the district's [Graduation Requirements](#) page. Students can assume they are "on track" to graduate unless they hear from their Counselor that they are deficient in specific credits (Counselors habitually contact students/parents if a student is not) on track with credit requirements).

COUNSELING CORNER, continued

Junior Updates:

- ◆ On November 8th, Counselors will be presenting in both junior classes and in the evening at our Post-High School Student/Parent night. If you have not already signed up for the evening presentation, please visit our sign up genius page to do so and for additional details on the evening.
- ◆ One of our best resources for researching colleges, majors, and careers is [Free](#) and available right on your Powerschool page! Look under the Apps tab for the "Career Cruising" application.
- ◆ Counselors will be meeting individually with 11th graders and their parent/guardian in the Springtime for post-high school planning and individual guidance.
- ◆ For Juniors who took the PSAT, the scores will be released in early December-stay tuned!

Sophomore Updates:

- ◆ Sophomore year is another big adjustment as students take on some really great courses that require a lot of reading and test preparation. We would encourage students to use teacher office hours as they can, request a peer tutor if needed and join or create a study group, whether in person or even through Skype!
- ◆ PSAT scores come out early December-stay tuned!

Freshmen Updates:

- ◆ We did something new this year and brought our 9th graders to the counseling offices for a little tour in September! Besides getting familiar with new faces, we discussed the variety of reasons STEM students meet with their counselor: from Academic Advising & Study Skills to College & Career Planning to Social & Emotional Wellbeing. Learn more about the [role of the school counselors](#) and all the reasons why you might come see us!
- ◆ While the Sophomores and Juniors were taking the PSAT, Freshmen attended workshops. Topics included Stress Management, Career Exploration, Time Management, Social Media & a panel and Q&A with Tesla LINK CREW Seniors. We were able to take feedback from students as to what they enjoyed, found helpful and what topics they are interested in learning more about. Thank you for being great participants Freshmen!
- ◆ Transition to high school can feel like a big adjustment. A couple of things all Freshman can greatly benefit from is learning how to manage their time well and use the great resources Tesla has to offer. Teacher office hours to ask additional questions is one resource we highly encourage all Freshman to use early and often as they are the experts and their to help! Peer Tutoring is another great resource if you are looking for usually an upper-classman to help you in a class they have already successfully completed.

Peer Tutoring:

We have a few different options for Peer Tutoring this year:

- ◆ Drop in Peer Tutoring in Math, Physics and Comp Sci on Tuesdays after school in Ms Samad's room (Rm 113) (with more drop in tutoring options to come soon in other rooms-stay tuned!)
- ◆ Individual/Group Peer Tutor to be matched with. You can choose to meet on campus or even Skype if that works better in your schedule!
- ◆ LINK CREW Leaders-a number of our link crew leaders are interested and available to Skype with Freshmen students. Whether it be a homework question, or advice on navigating high school, etc, they would love to help Freshmen as they can!

If you are interested in more information about being matched with a Peer Tutor or would like to become a Tutor yourself to earn credit, please contact Ms Strange directly at jstrange@lwsd.org.