How often will my daughter see her school counselor?

Your daughter may see her counselor as often as she likes. Regina Dominican has an “open door” policy and encourages frequent student-counselor contact to address any personal-social, academic, or college/career-related questions or concerns. Appointments may be scheduled by leaving a message with Dr. Caine or with Mrs. Clemente, Administrative Assistant to the Student Services Department.

School counselors will meet with students on an individual basis each semester. Appointment slips are sent to students during advisory. School counselors also interact with students in classroom settings through “group guidance” where common adolescent issues are addressed in a group environment. Examples of skills taught through developmental guidance lessons include study skills, learning styles assessment, stress and mood management, career development and planning, making healthy choices, standardized test preparation, social media literacy, peer pressure and competition, achievement and failure, making a successful transition to high school, drug and alcohol prevention, self-esteem and body image, bullying prevention, and suicide prevention.
When should I contact my daughter's counselor?

If you have any concerns regarding the social-emotional, psychological, physical, or academic development of your daughter, it is strongly recommended that you contact her school counselor. These concerns may include: friendship group issues, unsatisfactory grades, test anxiety, general feelings of anxiety or discomfort, the desire for better study skills and time management skills, course selection, college and career planning, crisis intervention, conflict management and healthy-decision making, behavioral management, personal awareness, family issues, suicide prevention, and mood management. Oftentimes a student will encounter stressors outside of school which may negatively impact her ability to develop her academic potential or natural cognitive abilities. All information shared with the school counselor is kept confidential at the request of the parent or student.

How can I make an appointment with Dr. Caine?

Parents may contact Regina Dominican High School directly and ask to speak to their daughter’s school counselor. Voicemail messages are typically returned within a 24-hour time period. Some parents prefer to contact school officials through the internet. School counselors are easily reached via their email addresses as well. Dr. Caine may be reached at pcaine@rdpanthers.org. Mrs. Cassidy may be reached via pcassidy@rdpanthers.org.

Help! My daughter hates school. What can I do?

Each student adjusts to school at her own pace. Please be assured that it is perfectly natural for a student to take some time transitioning to her high school. You can help your daughter by keeping the lines of communication open. Encourage your daughter to discuss her feelings and experiences with you. Utilize your daughter’s school counselor if you sense that your daughter is having difficulties making a successful
adjustment or if she appears to be unusually sad or negative about her school life. School counselors understand that transitions can be challenging and will assist your daughter in making a smooth transition to high school.

How can I help my daughter develop better study skills?

The primary responsibility for studying and completing homework lies with your daughter. While some students developed strong study skills in junior high school, other students need more guidance and supervision when it comes to establishing strong study habits. Parents may wish to consider the following tips for improving study habits:

1. Set specific study times with your daughter. These study times should be spent free of distractions (i.e., social media networks, television, etc.).
2. Ensure that your daughter has a clutter-free, private space in which to study.
3. Assist your daughter in getting organized. She should use her planner or assignment notebook every day. In addition, she should have a separate pocket folder for each class.
4. Encourage your daughter to use any extra time in school to get started on her homework.
5. Allow short breaks from study time. Several short-term (20-30 minute periods) of focused study can be more effective than one very long stretch of study where attention lapses.
6. Encourage your daughter to ask you to quiz her on material.
7. Ensure that your daughter proofs her work.
8. Talk to your daughter about being a proactive learner. Encourage her to ask her teachers questions about material or assignments and seek help when she is unsure, anxious, or struggling with material.
9. Suggest that your daughter take advantage of Regina Dominican’s Homework Lab, hosted by Regina teachers and staff, which normally meets Tuesdays, Wednesdays, and Thursdays after school for one hour. Students can drop-in for one-hour sessions to receive help on upcoming homework in a quiet, structured, study environment.
10. Some students may benefit from Regina Dominican’s academic support program, Caritas. The goal of the Caritas Scholar Academic Support Program is to provide academic support to meet a student’s needs so that she may acquire the learning strategies, study skills, executive functioning, and confidence to become a successful learner and strong self-advocate.
Encourage your daughter to attend Student Services’ Study Skills Workshop, offered every semester prior to final exams.

My daughter seems to understand the material for an exam while studying at home but forgets what she’s learned when taking the exam. What is wrong?

Your daughter may be experiencing test anxiety or some other testing difficulty. She may also have learning differences that have gone unidentified. Your daughter may benefit from Regina Dominican’s Caritas Scholar Academic Support Program. If your daughter appears to be feeling highly anxious before or during a test, encourage her to speak with her school counselor about utilizing techniques to reduce her test anxiety so that she may perform her best on tests.

What is a staffing?

Often when a student is performing poorly in several of her classes, a parent, teacher, or counselor may request a staffing. A staffing is comprised of a multidisciplinary team that gathers together with the student and her parent(s)/guardian(s) to determine the student’s area(s) of difficulty and to devise an effective educational plan. A student with an identified learning disability, IEP, or 504 Plan typically has a staffing at the beginning of the school year where teachers discuss her academic strengths and areas where improvement is needed. Possible accommodations and/or academic modifications are reviewed at this time to ensure that the student can demonstrate her abilities.
How can I be sure my daughter is on track for graduation?

School counselors ensure that students meet school and college entrance requirements by developing a Four-Year Plan with all freshmen during their second semester. Students work with their counselors to develop a tentative educational plan for all the courses they plan to take while in high school. The Four-Year Plan serves as a “game plan” for a student’s larger academic goal of graduating from high school.

What career guidance is available to students?

Regina Dominican High School offers several resources to students to help them with career planning: Each student is given access to Naviance, an online college and career readiness planning tool which includes a personality inventory and career interest profiler. These surveys provide students with suggested college majors and occupations, based upon their personal strengths and interests. School counselors engage students in web-based career interest inventories through large group guidance activities. The purpose of these activities is to motivate students to begin thinking about possible career options and to start looking at colleges that would best accommodate their specific goals.

What is Advisory?

The Advisory Program at Regina Dominican is an educational support program designed to focus on the following five Advisory Domains: Academic Achievement, Social/Emotional Learning, Leadership Development, Student Life, and Dominican Life and Spirituality. The Advisory Program strives to foster student success and school involvement by strengthening interpersonal relationships between Advisors and students and personalizing each student’s experience at Regina Dominican. Advisory is a structured 10-minute time at the beginning of the day where Advisors facilitate developmentally appropriate activities and provide consistent, caring, and continuous adult guidance while monitoring student progress in the five Advisory Domains.
What about College Planning?

Regina Dominican’s Student Services Department provides post-high school planning experiences for all students for throughout their four years of high school. Students are guided in exploring, defining, and applying knowledge and skills that will prepare them for higher education. Students are assisted throughout the college search process with personalized attention and are encouraged to explore specific colleges, universities, careers, and occupations which are suited to their interests and skills.

During their freshman year students are given access to Naviance, an online college and success planning tool. Students may utilize Naviance to explore personal strengths and personality types, learn about career options, build resumes, explore scholarship opportunities, and request teacher recommendations and transcripts. In addition, students participate in workshops on career planning, financial aid and scholarships, college searches, writing the college essay, ACT/SAT test preparation, and the college application process.

Our full-time college counselor meets with all students and their parents in the spring of their junior year to begin discussing college options and to review the college application process. Every fall our college counselor holds a financial information workshop which helps parents of juniors and seniors navigate the financial aid process.

Regina Dominican High School hosts a college fair each spring where all students meet representatives from over 100 colleges and universities. In addition, representatives from colleges and universities nationwide hold small, informal information sessions every fall at Regina Dominican where juniors and seniors can learn more about specific institutions of interest to them.
Every other year Regina Dominican High School hosts a school-wide Career Day or Health and Wellness Day. Students at all grade levels can learn about a myriad of global careers from distinguished guest speakers at various sessions throughout the school day. This event enables students to better understand the necessary steps in obtaining success in a variety of careers. Our Health and Wellness Day gives students the opportunity to learn about wellness through the lens of successful, professional speakers who will share their insights about wellness in messages that are educational, motivational, growth enhancing, and inspirational. Please do not hesitate to contact Regina’s college counselor, Mrs. Cassidy, to request an appointment if you have questions, comments, or concerns. Our college counselor is happy to meet with freshmen parents, too!

Which standardized tests will my daughter take during her high school career?

During the fall semester all freshmen, sophomores, and juniors will take the PSAT. The PSAT is considered a practice test for the SAT. This test is used as a qualifier for juniors for the National Merit Scholarship program and serves as predictor of performance on the SAT. Each spring freshmen, sophomores, and juniors will take the PreAct diagnostic test. This test allows students to become familiar with the content of the ACT.

Whom should I see if my daughter is struggling academically?

Your daughter’s classroom teacher should be your first contact. Regina Dominican teachers are available before, during, and after school. Students are also free to meet with other teachers who teach the same discipline, should a student’s learning style match the teaching style of another instructor. Your daughter may benefit from Regina Dominican’s Caritas Scholar Academic Support Program. The goal of this program is to provide academic support to meet a student’s needs so that she may acquire the learning strategies, study skills, and confidence to become a successful learner and strong self-advocate. All students are welcome in this program. Students work daily with a resource teacher to help them strengthen their skills while receiving tutorial support in a structured, guided, study period. Caritas services are available to those students who may need accommodations in the classroom, but, are not limited to those student with defined learning challenges and may be sought out by the student or parents through the Student Services Department. Finally, your daughter may benefit from private or peer tutoring. Contact your daughter’s school counselor for a listing of recommended private tutors.
What should I do if my daughter wants to skip lunch?

Lunchtime can initially be a stressful experience for a new student. Encourage your daughter to “stick it out” and not skip lunch. It is only through associating with other students in the lunchroom that your daughter will make new friends and get to know her classmates. Try to normalize the experience for your daughter by reminding her that she is not the only one who may feel a little nervous and not know anyone else. Keep in mind that Regina Dominican offers a peer leadership program comprised of selected juniors and seniors. As part of their duties, junior and senior peer leaders will meet regularly for lunch with freshmen to socialize with them and help acclimate them to high school. Parents may also consider contacting your daughter’s counselor as she may be able to connect your daughter with other students who may share common interests.

What should I do if my daughter thinks she is being harassed?

*Regina Dominican High School does not tolerate any form of mean-spirited behavior, harassment, or bullying. Contact your daughter’s counselor immediately if your daughter is feeling uncomfortable in any way.*

What should I do if my daughter has difficulty dealing with stress?

*School counselors can be very helpful in guiding students to utilize effective coping strategies to combat stressors in personal lives. All students benefit from healthy adult mentors in their lives. School counselors are trained to listen to students and to help them deal with difficult life situations. Utilize your daughter’s school counselor and know that she will keep your family situation private and completely confidential.*