

Mrs. Kinnibrugh

About me

I am so happy I get to have some of you as my students again. This is my 3rd year as a high school counselor, but I taught for 8 years before that. You are the last class I taught, and while I miss teaching some days, I love helping students reach their fullest potential in and out of the classroom. As a school counselor, I am able to build relationships and guide students as they reach for their dreams.

Confidentiality

What you say in my office stays in my office unless...

- ♥ Someone is hurting you
- ♥ You want to hurt someone
- ♥ You want to hurt yourself
- ♥ You give me permission to share with another trusted adult



Role of the School Counselor

The goal of the school counseling department is to assist students in being prepared for life after high school personally, socially, and vocationally. This goal is emphasized through three different domains.

Academic Achievement

The school counseling department works with students and faculty to ensure that each student receives an equitable learning environment in which individual needs are being met for maximum success to be attainable.

Personal & Social Development

The school counseling department works with students to help them through emotional, personal, and social roadblocks that may be interfering with their ability to thrive academically. The school counselor does not provide therapy but can assist with these concerns by meeting with students individually and in groups. The school counselor can also refer students to community services for additional support, as well as collaborate with any outside services received to best help the student in the school environment.

Career Development

The school counselor assists students in understanding the connection between education and the world of work. This is done by providing future career and post-secondary education guidance to students. The counselor assists with ensuring students meet graduation requirements, are aware of courses offered that match their vocational interests, register and prepare for national college-entrance exams, and apply for post-secondary education.

Supports

SOCIAL/EMOTIONAL/MENTAL

- Stress Management
- Conflict Resolution
- Friendship/Relationship Skills
- Managing Feelings
- Coping Strategies
- Anxiety

ACADEMICS

- Grades and Attendance
- College/Career Planning
- ACT/SAT
- Financial Aid (FAFSA)
- Scholarships
- Interest Inventories

Artesia High School Class of 2025 Counseling Services



Debbie Kinnibrugh

Office Hours- 7:45-4:30

Email:

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Office Phone:

575-746-9816 ext. 1567

Microsoft Teams:

Deborah Kinnibrugh

Student Remind:


Text @dogs2025 to 81010

Parent Remind:

Text @AHS25PAR to 81010



“A person’s most useful asset is not a head full of knowledge, but a heart full of love, and ear ready to listen and a hand willing to help others.”



College and Career Resources



ACT: www.act.org

SAT: www.collegeboard.com

Transcripts: www.parchment.com

CareerOneStop: www.careeronestop.org

My Next Move: www.mynextmove.org

Scholarships: www.scholarships.com

FAFSA: www.studentaid.gov

US Bureau of Labor Statistics:

<https://www.bls.gov/careeroutlook/home.htm>



Personal and Social Resources



National Institute of Mental Health:

www.nimh.nih.gov

National Bullying Prevention Center:

www.pacer.org/bullying

National Institute on Drug Abuse:


www.drugabuse.gov

Yellow Ribbon (Suicide Prevention):


<http://yellowribbon.org>

NM Connect App (Mental and Behavioral Resources):

www.nmcrisis.com/nmconnect-app



How can parents help with child's success?



- Get involved!
- Download PowerSchool and Remind!
Check their Teams
- Ask your child questions about school, friends, feelings, etc.
- Don't hinder your child by doing things FOR them, rather do things WITH them
- Teach self-advocacy
- Demonstrate a positive view of education at home
- Discuss aspirations and goals with your child
- Promote high achievement and academic goals, including regular attendance
- Teach accountability
- Foster emotional/social/personal growth



End of Freshman Year Timeline



- Set academic, career, and social/emotional goals
- Meet with your school counselor to plan your classes for next year
- Begin researching your post-secondary requirements (work certifications, military requirements, 2- and 4-year requirements)
- Participate in extracurricular activities and community service projects
- Begin preparing for college entrance exams
- Focus on keeping a minimum weighted grade point average (GPA) of 3.0 to allow for state, local, and other scholarship opportunities