

STUDENT SUPPORT GROUPS

Bereavement Group – This group, facilitated by Counselors Beth Waschitz and Jessica Krefetz, is designed to provide support for students who have experienced a loss of a parent or close family member/friend. This is an opportunity for students to share their feelings, explore coping skills, and learn about the stages of grief. This group runs as needed.

New Student Group – For all students who are new to the Syosset School District, this group meets weekly with Counselors Patty Haddow and Jen Melis in the Guidance Resource Center. This is an excellent opportunity to meet new people, make new friends, and share experiences.

Divorce Group - This group, facilitated by Counselor Jen Melis and Dr. Thomas Kelly, meets every Friday on rotating periods. The group provides a supportive and safe space to discuss themes related to divorce and any adjustment difficulties that students may experience. This group is comprised of boys and girls from across the grades and includes students whose parents are recently separated to those living with step-siblings and step-parents.

Study Skills Workshop – This workshop will help students become more effective readers, teach time management, test-taking techniques and note-taking skills. Counselors Jen Melis and Karen Rosenberg are the facilitators.

Breathe for Peace – This group is for students who would like to learn mindfulness techniques such as breathing and visualization. These practices are known to help reduce anxiety, improve concentration, attention and performance. Loving-kindness, acceptance and self-awareness concepts will also be discussed, explored and practiced. This group is co-facilitated by counselors, social workers and/or psychologists. Counselor Valerie Andreasi is the liaison.

College Essay Workshop – This workshop, conducted by Counselors Chris Kozlowsky and Jessica Krefetz, helps students learn about the role of the essay in the college admissions process. Students will discover practical, useful tools to help them generate ideas and create a strong college essay. This workshop will be offered to juniors in the spring of 11th grade and to seniors in the fall of 12th grade.

Interviewing Skills Workshop – This workshop, conducted by Counselor Beth Waschitz, will help students prepare for internship, job and college interviews. Students will discuss the role nonverbal communication plays in an interview as well as the importance of research and preparing for interviews. This workshop will give students insight into different types of interview questions and allow them to role play so they are better prepared for future interview opportunities.

Substance Free Alliance - This group is open to all students who are committed to maintaining a healthy lifestyle and finding strategies to help other teens do the same. Students create awareness and education within the Syosset community and are devoted to changing teen attitudes toward substance use. The members do not use nicotine, alcohol or other drugs. Some of the activities they participate in are the Health Fair, reaching out to the middle schools, and fundraisers to support substance use prevention and treatment within the community. Counselor Valerie Andreasi is the advisor.

Stress Management Group – Counselor Valerie Andreasi meets in a group or individually with students to focus on understanding how our body and mind reacts to stress by looking at good stress, bad stress and the healthy ways we can cope. Topics include anxiety and avoidance, asking for help, time management and organizational skills, an introduction to mindfulness and self-compassion, and an explanation of what soft skills are and why they are so important to cultivate for college readiness and career growth.

Executive Functioning Skills Group - Almost all students struggle at one time or another with focus, paying attention, organizing, prioritizing and completing projects or papers. This group will focus on increasing self-awareness and improving your ability to pay attention and focus, which are related to the skills of executive functioning. Specific cognitive behavioral strategies will be offered that can help you organize your school work, pay attention more fully while studying or in class, initiate school tasks more readily and minimize distractions and procrastination. Counselors Alison Barrett and Elizabeth Bartels is the advisor.

Bring Change 2 Mind - This group's mission is to promote mental health awareness, educate students on supports, and help eliminate stigma. Social Worker Lauren O'Rourke is the facilitator.