

Welcome Class of 2025

**Freshman Experience Day
August 16, 2021**

Student Services Presentation



Welcome to your new journey!



[HTTPS://YOUTU.BE/5TG_5LK4104](https://youtu.be/5TG_5LK4104)

START: 1:21

END: 3:15

Assistant Principal: Mr. Adam Davis

Location:

South Campus Room A106

Supports Students:

- Attendance
- Transportation
- Student Safety/Discipline
- Lost & Found
- Lockers
- Summer School Coordinator

Contact Info:

- Email: adavis@lths.net
- Phone: 708-579-6870



Social Worker: Mrs. Pam Locke

Location:

South Campus A105

Supports Students:

- Social Emotional Support
- Outside referrals
- Small Group Work
- SUPPORTS ALL STUDENTS

Email: plocke@lths.net



School Counselors

Location:

South Campus A105

Supports Students:

- Academics
- College/Career Planning
- Social Emotional
- Outside Referrals

Alpha Assignment:

- Ms. Cuchna: A-FAY
- Mr. Ip: FE-LE
- Ms. Sisto: LI-RAD
- Ms. Malik: RAH-Z

MS. CUCHNA (A-FAY)

MS. MALIK (RAH-Z)



MR. IP (Fe-Le)

MS. SISTO (LI - RAD)



HELLO FRESHMAN CLASS 2025: ALPHA A-FAY:



My name is Lauren Cuchna (Ms. Cuchna or Ms. "C") and I am honored to be a part of the Lyons Township Student Services Department! I have been working with high school youth for the past 16 years and am looking forward to meeting my students! My role is to promote students' success in academic, college/career and social emotional development. I look forward to supporting students, families and teachers to ensure positive achievement during the academic school year.

Feel free to contact me at: lcuchna@lths.net or 708-579-6514

EDUCATION

**University of Kansas
Bachelor of General Studies**

**Criminology
&
Juvenile Delinquency**



**Concordia University
Master of Science**

School Counseling



INTERESTS

**Daughter Blake - 9 yrs
Rescue Dog Fletcher - 4 yrs
Family & Friends
Chicago Cubs Baseball
Kansas Jayhawk Basketball
College Football
Mexican Food
Reality Television**



MEET THE Counselor

Mr. Alex Ip

WELCOME

Hello, class of 2025! My name is Alex Ip and I am so excited to work with all of you! I provide academic, social emotional, and college/career counseling services for students with the last names that fall between **Fe-Le**.

CONTACT

aip@lths.net
(708) 579-6509

ALL ABOUT ME

Born in Hong Kong and raised in beautiful Vancouver, British Columbia. I received my Bachelor's Degree in Biology and Education from UBC and Master's Degree in School Counseling from City University. Married 28 years and father of two sons

This will be my 15th year at LTHS and 5th class!



THESE ARE A FEW OF MY FAVORITE THINGS..

Activities: Golfing, traveling, pickleball, spending time with family and friends

Food: Italian, Japanese, Chinese

Stores: Amazon, Nordstroms, PGA Superstore

Music: Tame Impala, Hall & Oats, Queen, Kacey Musgraves

MEET THE Counselor

Ms. Kristen Sisto

WELCOME

Hello, class of 2025! My name is Ms. Sisto and I am so excited to work with all of you! I provide academic, social emotional, and college/career counseling services for students with the last names that fall between **Li-Rad**.

CONTACT

ksisto@lths.net
(708) 579-6513

ALL ABOUT ME

I received my Bachelor's Degree in Psychology with a minor in Sociology and Master's Degree in School Counseling from Lewis University (Go Flyers!).

This will be my fourth school year at LTHS! I have worked in both the College/Career Center and Counseling Office, and am fortunate to call LT my home away from home.



THESE ARE A FEW OF MY FAVORITE THINGS..

Activities: walks, runs, bike rides, reading, traveling, puzzles, spending time with family and friends

Food: tacos, donuts, breakfast skillet

Stores: Amazon, Target, Starbucks, Chipotle

Music: Brett Eldredge, Dermot Kennedy, John Mayer, Coldplay

Meet the Counselor

Ms. Malik

WELCOME

Welcome Class of 2025!

I will be responsible for students with the last names beginning with
(Rah-Z)

CONTACT

Email is the quickest way to reach me! My email is
nmalik@lths.net

My phone number is
(708) 579-6507 (Direct)

ALL ABOUT ME

- Graduated from UIC (Bachelors) and NIU (Masters)
- Married and have three daughters (9,7, & 3)
- This is my first year as a Grade Level Counselor, but my 4th year as a Counselor at LT!



THESE ARE A FEW OF MY FAVORITE THINGS..

- Traveling
- Trying new foods!
- Spending quality time with family and friends

Scenarios

SCENARIO #1: Someone makes continual negative comments about Noil's athletic skills in the locker room.

SCENARIO #2: Nessie has been absent a lot and is now failing a class because she has a lot of makeup work to do and doesn't understand class material.

SCENARIO #3: Noil liked being in activities at his middle school, but doesn't really know how to get involved at LT.

Group 1:

- Counselor
- Assistant Principal
- Teacher
- Coach

Group 2:

- Grade Level Social Worker
- Student Activities Director
- Athletic Director
- Parents

Group 3:

- Friends
- Classmates
- Student Handbook
- Speak Up Line

Scenarios

SCENARIO #4: Nessie hears that another student has been spreading false rumors about her through social media.

SCENARIO #5: Noil is worried about Nessie because she texts him about being upset and depressed.

SCENARIO #6: Nessie suspects that Noil is harming herself through the use of substances or another destructive behavior.

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High School Tips & Tricks

- Check your email
- Want something - what do you want out of freshman year/high school?
- Expect the unexpected
- Get comfortable with the uncomfortable
- Embrace the universal rejection truth - you will not always get the answer you want (example: classes!)
- Find your 3 places (both virtually and on campus)
- Find your 5 people - friends, teachers, counselors, student assistants, etc.
- Follow the 24 hour rule - do nothing, think about a solution, new problem
- Talk to your parents/guardians/loved ones - connect with them!
- Follow/post/like LT social media and read the campus newspaper - stay up to date and support your peers!
- Know where to go for support - academically and social emotionally

BE KIND