



Scituate High School School Counseling Newsletter Summer 2025

Together, WE **inspire, support, and challenge** all learners to reach their unique potential.

A Note to the Graduates: The School Counseling Department would like to take this opportunity to congratulate all of the students and families on a job well done! We are so proud of you and seeing you explore, grow, and challenge yourselves over the past four years! It is now time to “Set Sail!” Go and continue to be awesome!

Century Award for Community Service: 58 members of the Class of 2025 who completed over 100 hours of community service were recognized at graduation rehearsal with the Century Award service pin. Together, these students logged close to 9,000 community service hours over their four years of high school!

Transcripts moving forward: Any SHS alumni looking for a copy of their official high school transcript for personal or post-secondary use, must complete an [SHS Alumni Transcript Form](#) and submit it to the School Counseling Department for processing. We cannot release transcripts without the alumnus's signed consent.

College Admissions Panel: During school on Thursday, June 5th, the Counseling Department and English Department collaborated to coordinate a panel of college representatives for junior students. College representatives answered a number of questions on various aspects of the college application process. Colleges represented include Boston University, University of Rhode Island, UMass Boston, and Emmanuel College. Here are some pointers that they shared with the students:

- “Am I answering what they are asking of me?”
- Whatever you write about, bring it back to you.
- Highlight what you will bring to the college community.
- The essay breathes life into the application.
- Double check your writing - have it proofread over and over.
- Create an identity map to help find what is the key to your identity and use it as a starting point.
- Work on the essay over the summer.
- AI - does not replace the human element and human effort.
- They love to learn what is unique about you.
- Reflect on the totality of your high school experience.
- “Lean into who you are” and take time to sit with it.
- Use paragraph breaks.
- Proofread the supplemental essays.
- Be authentic.
- Admissions officers are looking at ways to admit students and not deny them.
- Use caution when sharing mental health and other personal challenges. -Be sure to think about discretion and what you are putting out there is being read by others.
- Letters of recommendation are important
- Counselor letters of recommendation provide context to the transcript and growth over the years.

The Scituate Public Schools' School Counseling Department is committed to providing comprehensive programming and services that promote the academic potential, social/emotional development/wellbeing, and career readiness of all students.

- Teacher letters of recommendation demonstrate how you are as a student in the classroom.
- Keep the end goal in mind.
- Have fun with the process.
- Connect with admissions counselors - that is why they are there!

College Application Process: Current juniors should be working on their postsecondary plans over the summer. School Counselors hosted a “Summer Sendoff” on June 9th and shared essential parts of the college application process, and what they should be focusing on and completing over the summer. Juniors are encouraged to review the [College Ready Checklist](#) to help guide them through the application process. Also, be sure that you have reviewed the SAT and/or ACT information and have made a testing plan. Underclassmen can also review this document for grade-level tips and timelines!

2025-26 Course Lists: Students may view their list of courses for the SHS 2025-26 school year in their Aspen account in the Published Reports section of the home page. Course lists are subject to change without notice. Final schedules will be available in ASPEN on Tuesday, August 19th at 9:00 am. Note that schedule changes will only be made to accommodate scheduling errors or to resolve master scheduling issues. Refer to the SHS Student Handbook for more information.

High school counselors are available through Tuesday, June 24th and will return from summer break on August 19th. Rising 9th graders should reach out to Ms. Leabo, 9th grade School Counselor, at kleabo@scit.org with any questions. Rising 10-12th graders should reach out to their assigned high school counselor directly.

Counselor Caseloads: Just a reminder that all current 9th grade students will be assigned to a new School Counselor next year who will work with them through the remainder of their time at Scituate High School. Families can view their new counselor assignments in their ASPEN portal. Students met with their new school counselor during the course registration process in March. Additionally, students who work with Ms. Clancy, our 9th grade School Adjustment Counselor, will transition to Ms. Lopes, School Adjustment Counselor for 10th, 11th, and 12th graders. Please see the Counselor Caseload Assignments below.

Counselor Spotlight - Ms. Kimani: This spotlight features Ms. Kimani, who is completing her 6th year at SHS after joining in August 2019. With a background in college and career counseling, Ms. Kimani enjoys engaging with high school students and has dedicated her career to education since age 20. The most fulfilling part of her role is witnessing her students' growth and transformation. She believes opportunities are limitless, encouraging students to find the right guidance on their journeys. In her free time, Ms. Kimani volunteers at her church and spends time with family and friends. She often travels to Kenya during summer breaks to connect with her larger family.

Final Thoughts before we go! Finally, we would like to do a special, “Sailor Shout-Out” to all of the students and families in our school community. We want to thank you for your continued support of our department. As always, we welcome your feedback and suggestions as we strive to provide quality programming and services for students. We are especially grateful for the relationships with students and families and look forward to our continued partnership in the coming year. We wish you all a happy, healthy and relaxing summer break! You deserve it!

Counselor Caseload Assignments* 2025-2026

Counselor	Zoe Hassett	Rosalind Kimani	James Cooney	Tammy Rundle	Katie Leabo
Initials in Aspen	ZH	RK	JC	TR	KL
Class of 2026	A-F, T-Z	G-Le, Se-Sw	Li-Sc	See Aspen	–
Class of 2027	A-Fe, V-Z	Fi-Le, Se-T	Li-Sa	See Aspen	–
Class of 2028	A-D To-Z	E-L So-Ti	M-Sm	See Aspen	–
Class of 2029					A-Z

*Refer to the Student's Aspen detail page for confirmation.

How to reach us:

Counselor Contact Information 781-545-8750			
Tammy Rundle	School Counseling Director	trundle@scit.org	Ext. 11370
Elizabeth Clancy	9th Grade Adjustment Counselor	eclancy@scit.org	Ext. 11272
James Cooney	School Counselor	jcooney@scit.org	Ext. 11371
Zoe Hassett	School Counselor	zhassett@scit.org	Ext. 11372
Rosalind Kimani	School Counselor	rkimani@scit.org	Ext. 11374
Katie Leabo	9th Grade School Counselor	kleabo@scit.org	Ext. 11378
Jennifer Lopes	Adjustment Counselor	jlopes@scit.org	Ext. 11102
Kathleen Ward	Administrative Assistant	kward@scit.org	Ext. 11375

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