

## Treynor Guidance Counselor



Rita Laughlin was the speaker at the Treynor Optimist Club on November 29. She was introduced by Charles Nielsen. She is the new Guidance Counselor for Treynor Jr. & Sr. High School. Her hometown is Imogene, Iowa. She graduated from Farragut High School, got her Associate Degree at IWCC, and her Bachelor's Degree and Master's Degree at the University of Nebraska at Omaha.

Her first job was at Boy's Town High School where she taught English for six and a half years. Then she taught at Sidney High School. She taught English and became their Counselor. Now she is at Treynor.

The school counselor job includes four areas: academic, career and college readiness, personal/social and individual and group counseling.

Treynor offers the John Baylor ACT Prep class. The hope is that it will help raise ACT scores by 2 points. There is a charge for this class which students pay. Currently ten female students are taking this class.

Rita helps students find a career or job they love. The country needs skilled workers. She helps students find scholarships and schools that best fit their needs. She would like to encourage parents and students to start saving for college when students are in Kindergarten. She is always interested in helping kids with anxiety, grief, suicidal thoughts or any other concerns.

Treynor is a 1 to 1 school where every Jr. High student has their own I-pad and every High school student has their own laptop. They are cautioned about Social media use and influence in their lives and others around them. AEA has a cost sharing program that helps pay for these devices.

Rita encourages students to take classes while in high school that they get credit for in high school and college through IWCC. These grades count toward the GPA for high school and become your college GPA. This can save money and time.

She talked of need to teach this generation to have "Grit". By "Grit" she means the ability to wait for good things to happen and the ability to stick to until it happens. She thanked the Optimists for sponsoring two HOBY students to camp this year.