

Guidance Services

Mrs. Zarone is available via email at ezarone@horrycountyschools.net or via personal phone (email if you need the number).

Counseling, Guidance, IGP's, and Consultation:

Please email a request for an appointment time if you wish to ZOOM conference (IGP, Counseling, etc.), Face Time, or speak on the phone.

Questions and concerns regarding College prep, Admissions, College acceptance, and Scholarships? Please email to set up an appointment to "talk" or simply email questions and requests and expect a response within 24 hours (typically sooner if during work hours).

Seniors:

Take a deep breath or practice some Meditation & Mindful breathing <https://youtu.be/JsIvBclVtDg>. Keep me in the loop with college acceptances and scholarship offers please. Be mindful of the scholarship deadlines. I am here for you!

Juniors:

Now is a GREAT time to start making those college recommendation requests and dig deeper into your college exploration. Perhaps another career survey (see links below) to help you continue your career investigation.

Should you wish to begin your "Self-Assessment" I will email you a copy of the format. Work on those resumes! Every task you tackle now will reduce your stress and workload in the fall.

Sophomores and Freshman:

Now is a GREAT time to utilize those tools to explore potential careers and colleges:

Collegeboard.org

BigFuture.Collegeboard.org

<https://www.kuder.com/>

<https://www.onetonline.org/>

ALL: We know this can be a stressful time and stress is hard on our brains and bodies.

<https://youtu.be/8YykPjy1iLQ>

<https://youtu.be/urNAa5EXxus>

If you are feeling particularly stressed or simply want some information and tools by which to address your stress response:

Take a deep breath or practice some Meditation & Mindful breathing <https://youtu.be/JslvBcIVtDg>.

I am more than happy to provide additional resources or simply talk through some of the stressors with you so don't hesitate to reach out!