

## SUPPORT FOR STUY STUDENTS

A friendly and informative reminder from **Building Stuy Community**, a student-run group intended to strengthen the Stuyvesant community (current December 2005)

### ACADEMIC SUPPORT

#### Grade Advisors

Grade Advisors are available three periods a day to provide you with academic support and guidance. They are also classroom teachers, and are assigned to each homeroom in their freshman year. They keep meticulous records of your progress toward meeting the academic requirements for graduation. They share important information through small-group and individual meetings. Your Grade Advisor is also your first stop if you have questions or concerns about your courses, need a program change, have a mistake on your report card or transcript, or if you are struggling with your work and want help or advice. Grade Advisors sit in the lettered offices of the Guidance Suite, **Room 236**.

Grade Advisor (By homeroom)	Room	Pd	7's (Seniors)	5's (Juniors)	3's (Sophs)	1's (Frosh)
Mr. Feigenbaum	236C	7,8,9	D,E,F,I	E,F,G,H	D,E,F,G	G,H,I
Ms. Flores	236M	3,4,5	H,O,P,T,U,V	J,K,L	T,V,W,X	O,P,Q
Dr. Nikol	236O	6,8,9	A,B,C,G	A,B,C,Ja	A,B,Ja,Jb	A,B,C
Ms. Plafker	236A	7,8,9	J,Q,R,S,Z	R,S,T	S,Y,Z	D,E,X,Y
Ms. Rubin	236K	2,3,4	K,W,X,Y,ZD	W,X,Y,ZD	J,K,L,M,ZD	K,L,M,N,ZD
Ms. Vollaro	236L	7,8,9	L,M	M,Z (N,P)	H,R	U,Z, (F,R)
Mr. Weil	236L	4,5,6	Ja,N	D,V (Q)	C,Q (N,P)	W, J (S,T)

#### AIS Tutoring

Academic Intervention Services (AIS) is a program that provides tutoring for students in all major academic subjects. Tutors are Stuyvesant teachers who offer individual and small group tutoring before and after school. An AIS tutoring schedule is published and

distributed to students each semester, and it can also be picked up in the Guidance Office, **Room 236**.

#### ARISTA Tutoring

The Stuyvesant chapter of ARISTA, the National Honor Society, is an organization devoted to making student life a rewarding experience. They help students remain on-par with their studies through an extensive tutoring program. Students interested in being tutored in any subject can register online at the ARISTA website (<http://orgs.stuy.edu/arista>). The ARISTA office is located in the **Student Union** behind the second-floor bar.

#### College Office

You'll work with the College Office primarily during your junior and senior year, when you will be assigned a college advisor to help you through the admissions process. Students also get help from the college office to send out academic information/transcripts for summer programs and scholarships. The College Office is located in **Room 225**.

### GUIDANCE, MENTORING & OTHER COUNSELING SERVICES

#### Guidance Counselors

The Guidance Counselors are located in the Guidance Suite – **Room 236**. Each of the counselors works with a particular grade and follows that group of students until they graduate. This helps the counselors and the students to whom they are assigned get to know each other better. If your counselor is not available when you need him/her, you should feel completely comfortable seeing any counselor who is available, especially if your need is urgent.

The counselors help students with both academic and personal concerns that are not resolved at the level of the Grade Advisor, such as declining grades, time management, stress, depression, anxiety, extended absences from school, problems with teachers, peers, family, disciplinary issues, substance abuse, eating disorders, special learning accommodations, and the like. The counselors are available to students throughout the day on a drop-in basis or by appointments.

Students may also be referred to the counselors by grade advisors, teachers, and other students. If additional counseling is necessary, the counselors will follow up with a referral to outside resources.

One agency, which has a satellite office at Stuyvesant, is the Youth Counseling League (YCL). Referrals to YCL can only be made through the Guidance Counselors.

The Guidance Counselors are:

Mr. Biegelson	Class of 2009	Room 236R	Ext. 2385
Ms. McCray	Class of 2008	Room 236J	Ext. 2381
Ms. Miller	Class of 2007	Room 236N	Ext. 2386
Mr. Mui	Class of 2006	Room 236F	Ext. 2366

NOTE: In addition to his assigned grade, Mr. Biegelson counsels students with learning disabilities.

What you disclose to your counselor is confidential, except in rare circumstances, which your counselor will be glad to explain to you. Seeking counseling does NOT go on your academic or college admission records.

## SPARK

The SPARK program offers training in peer leadership and conflict mediation. The SPARK office is a place where students get to know each other in a safe, non-judgmental atmosphere while studying, relaxing, or participating in one of the constructive, interactive peer workshops. It also gives students opportunities to learn and teach about issues affecting the school community, and makes resources and information on drug use and peer pressure available. A student can come in for individual, confidential counseling or referral to other services. The SPARK counselor is Angel Colon. SPARK is located in **Room 273**, (across from the pool), and can be reached at ext. 2733.

## Youth Counseling League

YCL offers counseling for adolescents on-site at Stuyvesant High School and in its midtown office. YCL helps teenagers who may be struggling with depression, anxiety, trauma, poor grades and absences in school, problems with peers, family conflicts, acculturation difficulties, pregnancy and pregnancy prevention, loss and bereavement, sexual identity, eating disorders, anger management, physical and sexual abuse, and domestic violence.

Parental consent is required if the student is under 18. YCL accepts Medicaid and most health insurance plans, but no one is turned away because of inability to pay. For further information, ask your Guidance Counselor or call 212-481-2500. YCL's main office is located at:

### YOUTH COUNSELING LEAGUE

(a Division of the Jewish Board of Family and Children's Services)  
386 Park Avenue South, Suite 401  
New York, NY, 10016  
Tel: 212.481-2500 / Fax: 212.481-8157

## Big Sibs

The Big Sibs are an organization of about 150 upperclassmen who serve as surrogate siblings to incoming students. They are present at all orientations and just about every school event and are always ready and eager to answer any questions and help incoming students in any way possible. Their purpose is to make themselves available to incoming students adjusting to Stuy and to encourage them to excel. In a nutshell, Big Sibs are guaranteed friends to every incoming student, and are here to help!

If you ever have questions about anything regarding student life or Stuyvesant in general, approach a Big Sib, e-mail the 2005 Big Sib Chairs (Eleonora Bershanskaya, Danielle Fernandes, Emma Storm Herr, Corinne Nhaissi, and Reyna Ramirez) at [BigSibs0506@gmail.com](mailto:BigSibs0506@gmail.com), or come to the Big Sib office in the **Student Union**.

## **Building Stuy Community**

Building Stuy Community is the working name for the group of students, parents, teachers, administrators, etc. who are responsible for getting this information available to the student body at large. We have informal meetings as often as we can to talk about what we can do to build community at Stuyvesant High School. Some ideas we've discussed are ways to reduce student stress, improve help and support from resources in and out of school (including parents!), to make a variety of health pamphlets available to students in a number of places, and to plan events and activities designed to create closer relationships particularly among the student body. Interested? E-mail [BuildingStuyCommunity@yahoo.com](mailto:BuildingStuyCommunity@yahoo.com). We especially want to be sure this work continues and welcome everyone, especially underclasspeople, to join our meetings and e-mail group at any time!

A little more background: It all started with an open letter to the Stuyvesant community by English teacher Jonathan Weil, published in the Stuyvesant Spectator in Spring 2005. The letter inspired discussion among so many members of the Stuyvesant community that Mr. Weil set up several meetings in the spring of that year. At the beginning of the 2005-6 school year, the meetings became student-run. By winter of 2005-6 we are not huge in number, but are committed to constructive change.