

## STUDENT SUPPORT SERVICES

High school students at Maine Coast Waldorf School benefit from the school's small size, deep relationships, and personalized attention. Every student has an opportunity to befriend every other student, and teachers are viewed less as instructors and more as mentors. We encourage our students to take responsibility for their learning and personal growth. In line with our efforts to provide a holistic approach to supporting students, our academic support teacher and our school counselor work closely with the high school faculty to promote a positive high school experience for all students. If it appears that a student would benefit from more support than our resources allow, we may recommend services for parents to access at an additional cost to the family.

### **ACADEMIC SUPPORT**

The goal of our academic support program is to meet our students where they are academically, and move them toward a higher level of academic achievement. The academic support teacher is an integral part of the faculty and provides support to students individually, in small groups, and in the classroom on a regular basis. This person oversees the implementation of student PEP's (personal education plans) and 504 plans (accommodations). A study skills unit is built into the fall semester of the ninth grade curriculum for all students.

### **After School Supported Study Hall**

The purpose of our after school study hall is to provide structure and support to students as they solidify efficient homework habits while completing assignments.

**Karyn Kurland** is our academic support teacher. She holds an undergraduate degree in French and Special Education (BA, University of Vermont) and a master's degree as a Special Education Learning Specialist (St. Michael's College). She has worked in a variety of public and independent school settings, as well as in specialized schools for students with learning disabilities. In addition to her work at Maine Coast Waldorf School, Karyn co-owns STARS Learning Cooperative in Freeport, a business that works to support diverse learners in home, school and community environments.

Karyn believes that a team approach is the best way to support students and facilitates ongoing communication among students, parents and teachers. She enjoys talking with students about their individual learning styles and goals and helping them develop the executive skills needed for school success.

**Heather Woods** is our supported study hall teacher. Heather earned degrees in Comparative Poetics (BA, Kenyon College), Writing (MFA, University of San Francisco), and Teaching/Poetry (MFA, San Francisco State University). With over fifteen years of classroom experience, Heather has developed insightful skills in resource, special needs, and twice-gifted learning. For the past nine years, she has also been running her own private tutoring company, offering students compassionate, one-on-one guidance in reaching their academic goals.

### **GUIDANCE AND COUNSELING**

The goal of our guidance and counseling program is to help students navigate their high school years with confidence, compassion and flexibility. Guidance and counseling activities may include facilitated class meetings, presentations on topics related to student health and well-being, and informal conversations about student concerns that arise throughout the day. Individual counseling appointments are available to any student who would benefit from one-on-one support. The focus of individual counseling is on those issues that are interfering with the student's full participation in school life.

**Laura Watters**, LCPC, is our counselor. She earned degrees in Secondary English/Communications Education (BS, Penn State University) and Counseling Psychology (MA, Regis University). During an early career as a high school English teacher in Colorado, Laura developed a strong sense of the creativity and emerging individuality of adolescents. This led her to pursue a career in the mental health field. She has been a practicing clinician for eight years. In addition to her work at Maine Coast Waldorf School, Laura works with clients in private practice with a focus on parenting skills and guidance.

Her warm, open and grounded approach encourages healing and growth and the development of workable solutions for school and life challenges.