

Wellness Division

DEPARTMENT FACULTY

Mrs. Karen Reish, Director of School Counseling & Wellness • Ms. Kelli Shepard, School Counselor • Ms. Jessica Bliss, School Social Worker
Ms. Monica Saltarelli '82, Campus Minister • Ms. Rachel Lyons, College and Career Center Coordinator

Department Overview

The Wellness division at Mount St. Mary works with students on personal, social and academic issues. We have two counselors and a full-time social worker who work with the same students all four years. We also have a College and Career Center, which helps students choose and apply to college, find scholarship opportunities and investigate career paths.

The Wellness Division team makes it their goal to know each student well so they can best assist them in making their high school years positive and successful. The team meets with students individually, as well as in small group seminar classes, and strives to support the development of the whole person.

The focus of seminar classes is:

FRESHMEN

Transitioning to high school, preliminary career searches, starting the high school resume, and working to ensure positive mental health.

SOPHOMORES

Career development. All students take a career assessment, which helps them narrow down future career choices and investigate career options.

JUNIORS

College search and application process. By the end of junior year, students and counselors have worked together to create a narrowed list of colleges to which the student will apply.

SENIORS

Completing the college search and application process, interviewing and essay-writing skills, financial aid and scholarship information and what to expect in college.



We believe in you.