

MEET THE COUNSELORS



MRS. PROCTOR

Mrs. Proctor joined the Sachem Counseling Department in 1999. She has had the privilege of working at Seneca her entire career. She is a graduate of Providence College in Providence, Rhode Island where she earned a bachelor's degree in Psychology with a minor in Spanish. After graduating, she volunteered as a teacher in New York City at an all-girl Catholic High School. At the end of her volunteer year she was lucky enough to get hired as a full time teacher and stayed on as a teacher for another 4 years. While teaching she decided to pursue her Master's degree in school counseling at Hunter College which is part of the CUNY system. Mrs. Proctor would like to welcome all the new 6th graders to Seneca. We are thrilled to have you here and we look forward to a very successful school year.

Mrs. Manning is a graduate of Trinity College in Hartford, Connecticut where she earned a bachelor's degree in Educational Studies and Psychology. While in college, she spent a semester studying abroad at the University of Queensland in Brisbane, Australia. She received her Master's degree in School Counseling from Hofstra University, where she also worked as an Assistant Dean. Mrs. Manning has truly enjoyed working with middle school students and looks forward to many more wonderful experiences at Seneca Middle School.



MRS. MANNING

Mr. Sheehan is a long standing member of the Counseling staff here at Sachem. He began his career here at Seneca in 1984. Since that time he has worked at North, South (before it was named Samoset) and East. He received his Bachelor's degree from Marist College in Poughkeepsie, NY and his Master's degree in School Counseling from Manhattan College in NYC. Among other goals, he hopes to be able to use his experience from many years at the high school to help all eighth graders transition to North next year. He looks forward to meeting his new students and working closely with them and their parents.



MR. SHEEHAN

★ Welcome to the Guidance Department ★ At Seneca Middle School

Middle school students are characterized by rapid physical growth, curiosity about their world and an emerging self-identity. Through a comprehensive developmental school counseling program, school counselors work as team members with school staff, parents and the community to create a caring, supportive climate and atmosphere whereby young adolescents can achieve academic success. Schoolcounselor.org



What is the role of the school counselor?

We provide proactive leadership that engages parents, teachers, administrators and students in the delivery of programs and services to help students achieve success in school. We are available to listen, encourage, and assist students' development academically, personally, and socially, as well as act as student advocates.



Why would my child want to meet with their school counselor?

Students come to us for an array of concerns including study skills and other academic skills support, coping strategies, peer relationships and social skills, career and college awareness and goal setting.



How does my child make an appointment?

They can stop by the Guidance Suite and sign on their respective counselor's clipboard. The counselor will send them a pass in homeroom to come down for a meeting.

If you have any questions or concerns, please feel free to contact us at Phone: 471-1855
Fax: 471-8985
Or by email



6th Grade Counselor

Mrs. Kara Proctor

kproctor@sachem.edu

7th Grade Counselor

Mrs. Lara Manning

lmanning@sachem.edu

8th Grade Counselor

Mr. Dave Sheehan

dsheehan@sachem.edu