



Hey MTS Secondary Students and Families!! My name is Ms. Courtney and I am your School Social Worker. I have been at MTS for 10 years and so I may already know many of you or your family. For those of you I haven't met yet, I look forward to getting to know you. You can get in contact with me by email, google hangouts or chats, and call or texting.

* cstenseth@emailmtcs.org

* Courtney Stenseth is my name on Google Chat/Hangouts

* 612-405-8456

*Moodle Dashboard: School Social Work



Make sure to click the next slide to learn more!



Here is what I can help with:

- *Individual & Group Counseling
- *Link to community resources
- *Crisis prevention and intervention
- *Mental health support
- *Getting basic needs for you
- * Help to eliminate attendance barriers
- *Support homeless students/families
- *Teach problem solving, conflict resolution and positive decision making skills
- *Listen when you need someone to talk



LIKES: *beaches with turquoise waters *reading about true crime, listening to podcasts about true crime, and watching shows about true crime *the color teal *sunflowers *classic horror movies *reality tv *going out to eat *sleeping *long walks *laughing



Hello MTS Secondary Students and Families! My name is Ms. Jane and I am an intern School Social Worker! I'm getting my master's degree at Augsburg University, and I'll be with you Wednesdays and Thursdays this entire school year. I look forward to getting to know you! You can get in contact with me by email, google hangouts or chats, and call or texting.

*jsells@emailmtcs.org

* Jane Sells is my name on Google Chat/Hangouts

* 612-501-1164

*Moodle Dashboard: Social Worker Announcements



Make sure to click the next slide to learn more!



Here is what I can help with:

- *Individual & Group Counseling
- *Link to community resources
- *Crisis prevention and intervention
- *Mental health support
- *Getting basic needs for you
- *Attendance barriers
- *Support homeless students/families
- *Teach you problem solving, conflict resolution and positive decision making skills
- *Listen when you need someone to talk



LIKES: *Running, *Reading, *Trashy TV, *Chocolate, *Kayaking, *Sushi, *Dancing, *Halloween, *Tattoos, *Amusement Parks, *Crafting, *Spending time with friends/family, *Supporting those in need!

Hello! I am Rashel Lane (Ms. Lane) MTS Secondary School Counselor

This is my 4th year at MTS! I have enjoyed getting to know the students year after year and my passion shines when I am able to guide students in taking ownership of their education and future self! I look forward to connecting with you this school year!



Email: rlane@emailmtcs.org
Instagram: [school_counselor_lane](https://www.instagram.com/school_counselor_lane)

Counselors Help ALL Students:

- Apply strategies to improve your grades, homework, GPA, use of a planner, organization, study habits, test scores
- Manage emotions and apply interpersonal skills (personal life, social life)
- Stay on target to graduate (credit checks, graduation requirements, credit recovery)
- Plan for life after graduation (college, trades, military, career/workforce)
- Collaborate with outside resources to help you with jobs, internships, college visits, summer camps/activities



UNIVERSITY OF NORTH DAKOTA

HELLO, EVERYONE!

**I'M MS. KIRSCHT AND AM
AVAILABLE TO SUPPORT
STUDENTS EVERY DAY DURING
SCHOOL HOURS.**

**I AM AN ACADEMIC SPECIALIST AND
FORMER TITLE I LITERACY INTERVENTION
TEACHER AT BANAADIR ACADEMY. A SCHOOL
COUNSELOR INTERN ATTENDING THE
UNIVERSITY OF NORTH DAKOTA, I LOVE
MANY THINGS...ANIMALS, CAMPING, ROAD
TRIPS, MUSIC, LIVE PERFORMANCES, AND
WALKS. I ALSO APPRECIATE NEW PEOPLE,
PLACES AND EXPERIENCES, AND TIME WITH
LOVED ONES!**

**I LOOK FORWARD MEETING YOU AND CAN
BE REACHED BY CHAT OR EMAIL AT
AKIRSCHT@EMAILMTC.S.ORG. THANK YOU!**