

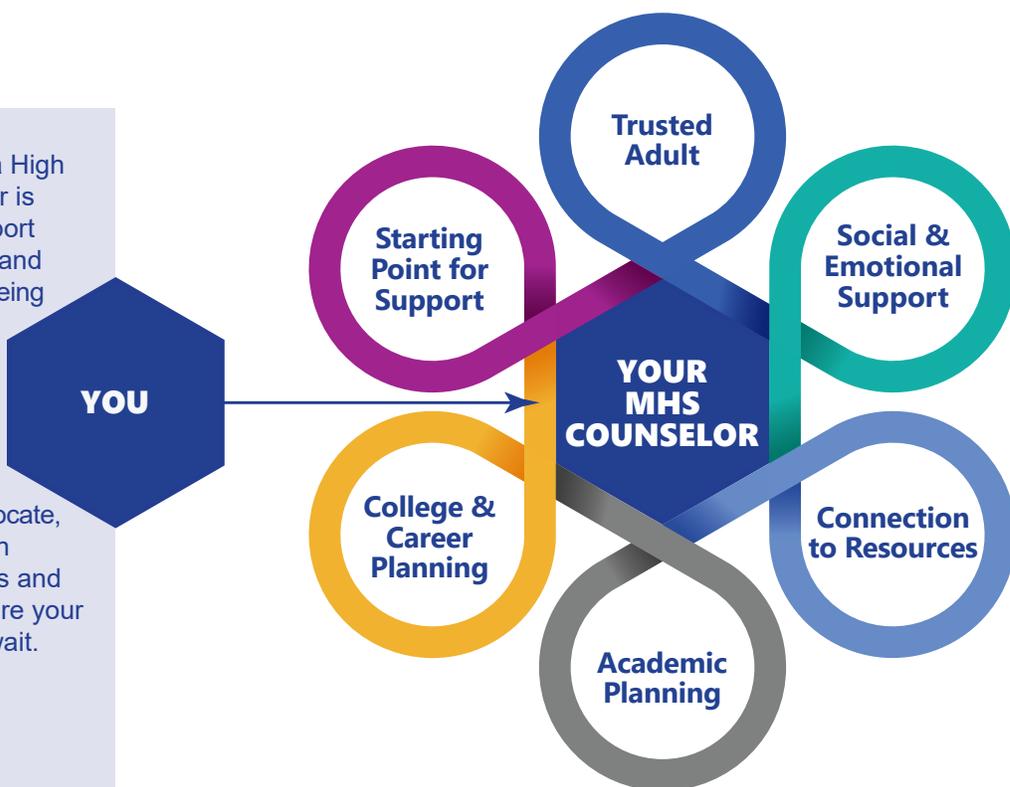
Q: DO MINNETONKA COUNSELORS DO THAT SORT OF THING?

A: YES!

Your Minnetonka High School counselor is available to support you, from social and emotional well-being to academic planning and post-graduation goals.

Your counselor can be your advocate, collaborating with you, your parents and teachers to ensure your success. Don't wait. Don't hesitate.

Come see us!



START HERE

■ Confused or concerned? Walk in! A trusted adult is always available to discuss an urgent matter or answer a quick question. You are always welcome in the Counseling office.

■ Or... schedule an appointment to meet with your counselor one-on-one.

■ See a friend in crisis? Please walk him or her to the Counseling office.

SUPPORT

■ Are you struggling with courses, grades or personal issues? Connect with your counselor early-on to set sail in the right direction, maintain your confidence and succeed.

■ Need to find balance? Let's discuss strategies for staying focused and on-track to reach your personal goals.

CONNECTIONS

■ There are experts all around us to help with deeper issues.

■ MHS Counselors can refer you to community partners with expertise in wellness and healthcare.

■ Get well so you can stay well!

PLANNING

■ MHS is your school of opportunities! We can help you make course selections that align with the level of rigor you need, your passions and your plans.

■ Wondering about college applications, letters of recommendation and post-graduation plans? Counselors and the College and Career Center are here for you.

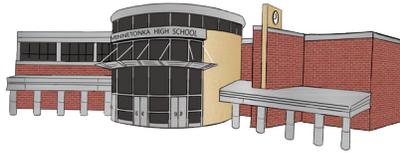


VISIT WWW.MINNETONKASCHOOLS.ORG/WEWELLBEING



Check out the District's well-being website and download the **Well-Being Guide** for helpful information, including contact information for our community partners. As always, remember to **dial 911** in an emergency.

Principal Jeff Erickson
Minnetonka High School
18301 Highway 7
Minnetonka, MN 55345



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HOW TO CONNECT WITH YOUR MHS COUNSELOR:

- Stop by the Counseling office for urgent walk-in assistance or to schedule an appointment
- Send a Schoology message to your counselor
- Email your counselor
- Phone your counselor

THE MINNETONKA HIGH SCHOOL COUNSELING STAFF



BRAD BURNHAM
A-Bur
952-401-5816



JENNIFER STOUT
Bus-Em
952-401-5818



THERESA EXENBERGER
En-Han
952-401-5824



CONOR MAHER
Hao-Ka
952-401-5819



STEPHANIE McCLEENDON
Kb-Mag
952-401-5821



CHRISTINA TAYLOR
Mah-Ol
952-401-5813



AMANDA WAVRIN
Om-Sam
952-401-5817



KENDRA OLSON
San-Tam
952-401-5823



DAVID BIERLY
Tan-Z
952-401-5820



LAURA HERBST
Advanced
Learning Coord.
952-401-5897



PHIL TROUT
College
Counselor
952-401-5746



Get to know your counselor! Walk-in assistance | Appointments | Whole-student support