



PENN-DELCO SCHOOL DISTRICT

Sun Valley High School

2881 Pancoast Avenue
Aston, PA 19014-2899
610-497-6300

Main Office

Ext. 2350
484-490-1280 (Fax)

Guidance Office

Ext. 2365
610-497-4610 (Fax)

May 6, 2019

It is with great pleasure to write a letter of recommendation for Megan Dean. Megan is currently a counseling intern for our department at Sun Valley High School and has been a tremendous asset in providing academic, career, and emotional support services to our students. Some of Megan's greatest assets are her professionalism, knowledge base of school counseling, organizational skills, thoroughness and detail-oriented nature, and her ability to form rapport easily with students.

Megan did a fantastic job co-facilitating an eight week grief and loss group. The group provided a safe space for students to talk and process the significant loss in their life. Students learned about the grieving process and how to build healthy coping strategies. Students engaged in various activities as part of their group experience and Megan created some of the activities used in the group. In addition, Megan met with students individually for counseling and she formed great connections in developing rapport with students. Megan assisted students with academic support, organizational strategies, career exploration, self-care and anxiety reduction strategies, and much more.

Megan led career classroom lessons for the sophomores where students learned how to search for post-secondary institutions based on their personal preferences in schools/programs and students learned how to research important information in Naviance on their school/program of choice. Megan also created a research assignment for students to complete utilizing the information they learned from their post-secondary search in Naviance. Megan played an integral role in assisting students with completing their career artifacts for the Career and Education Work Standards. Megan would meet with students individually or in small groups to assist students in completing their career assignments and guided them through this process. Megan learned the Naviance program in depth during her internship by participating in webinars with Naviance trained consultants. Megan frequently would create surveys for our department, create and assign tasks for students to complete, and run reports on assigned tasks.

Megan also assisted our Counseling Department in organizing and facilitating our annual Decision Day for seniors where we held an all school assembly recognizing students for their post-secondary plans. Megan helped plan this day and assisted with the set up and administration of activities. Furthermore, Megan created a mental health presentation for students on the topic of anxiety that will be utilized in a future workshop for students. Areas focused on in the presentation are signs and symptoms of anxiety, self-help strategies for overcoming anxiety, and resources for additional help. Lastly, Megan participated in various parent, department, and committee meetings as an intern including our district counselor meetings K-12, high school department counseling meetings, SAP meetings and Child Study Team meetings. Megan also participated and attended IEP and 504 meetings.

Megan is energetic, eager to learn, and motivated to continue to develop her skills as a counselor. Megan was a great asset to our department this semester as we could rely on her to carry out any task requested and she would see it through to completion. Megan was well received by the students and staff and was a very dependable part of our department. Megan's knowledge and skills would be an asset to any school or organization.

Sincerely,

Mrs. Francine Im, MA, NCC, LPC
Sun Valley High School Counselor