

Triad High School

Student Services

October 2026

Halloween Edition



Fall Happenings in Student Services!

Fall is in full swing, and things have been busy in Student Services! From senior meetings and college applications to schedule changes and welcoming new faces to Triad, the office has been busy with a little bit of everything. It's been a great start to the year, and we've loved connecting with students, helping them navigate their next steps, and supporting them along the way. We're looking forward to a great year ahead and are always here if students or families need a hand. Here's a little look at what we've been up to!

Student Services Staff

Heidi Houchins, Kelly Thomason, Emily Pingsterhaus, Jason Kapp, Amanda Henderson, Jami Parker, Kate Brendel, Chelsea Zelasko (not pictured-Jen Gensert)



UPCOMING EVENTS

Oct

26

SIUE College Fair

Oct

29

Parent Teacher Conferences 12-7

Oct

30

Parent Teacher Conferences 8-3

Nov

10

Juniors (rising seniors) can make appts to register with their school counselors

Nov

23

School counselors present in careers classes.

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Senior Meetings

Our counselors have been meeting individually with seniors to discuss post-secondary plans, college and career options, applications, and the FAFSA. Each senior received a Senior Meeting Form and a copy of their unofficial transcript to help guide their planning.

Families have also received an email with important information about the 2027-2028 FAFSA and financial aid process. [[Click here](#) to read the FAFSA email]

What's next? Seniors should review their meeting materials and connect with their counselor with any questions or for help navigating their next steps after graduation. We're here to help every senior feel prepared for what comes next!

College Night

What comes after high school? Our College Night on September 23rd helped students and families start thinking about what's next! School counselors shared helpful information about college applications, SAT/ACT testing, financial aid and scholarships, and important timelines for juniors and seniors as they prepare for life after Triad.

Missed the event or want to revisit the information? You can view the College Night presentation [here](#) for helpful tips and resources as you plan for the future!

Scholarships

Planning for college? Now is a great time for students and families to begin exploring scholarship opportunities! Scholarships can help reduce the cost of college and are available through a variety of organizations, colleges, and community groups. Encourage your student to research opportunities, pay attention to deadlines, and apply for scholarships they qualify for. Every little bit helps!

You can find a list of local scholarships [here](#). This list will continue to be updated throughout the school year. Many of these local scholarships will not be available until second semester! These scholarships are offered to seniors.

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Juniors- Upcoming Registration

It's hard to believe that we're just getting started with this school year, but it's already time to start planning for next year! Our current juniors will be the first to register for the 2027-2028 school year as they prepare for their senior year. Choosing senior-year courses is an important step as students finalize graduation requirements and select classes that support their plans after high school, whether that's college, career training, or entering the workforce.

Registration will begin in November. Please click [here](#) for a detailed explanation of the registration process

Freshmen and Sophomores

Our school counselors have been visiting Careers classes to share important information and tips to help students succeed in high school. We've enjoyed connecting with students and helping them prepare for the years ahead!

It may seem early, but registration for next school year is right around the corner! Current sophomores will register for their junior year in December, and current freshmen will register for their sophomore year in January, after winter break. Please click [here](#) for a detailed explanation of the registration process.

As always, if you have questions or concerns about registration or anything else school-related, please don't hesitate to reach out to your school counselor.

We're here to help!

Divorce Support

Anyone struggling with a situation involving divorce, please see this support [group](#).

Sessions include understanding divorce, normalizing changes, communicating feelings, gaining social support, and more

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Parent-Teacher Conferences: We're Better Together!

Your family is an important part of your student's success, and we're grateful for the opportunity to partner with you! Parent-teacher conferences are a great time to connect with teachers, celebrate your student's progress, ask questions, and talk about ways we can work together to support their needs.

You can also support your student throughout the year by checking grades in Skyward regularly and staying in touch with classroom teachers. If you have questions or notice your student struggling, please reach out!

Our Student Services team is here for your whole family, too. Whether you need help finding resources, connecting with a teacher, or figuring out the next step, we're happy to help. Please click [here](#) to schedule an appointment.

Signs of Suicide Presentations

Triad High School is offering depression screening and suicide prevention training as part of the SOS: Signs of Suicide Prevention Program, which will occur in all Health classes on Oct 19th or Oct 22nd (depending on your child's class time). If your student is not in health this semester, they will not have this presentation.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is treatable and help them assess whether or not they or a friend may have symptoms consistent with depression
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns

In the program, your child will be watching a short video that discusses the risk factors of depression and suicide, will be completing a Brief Screening for Adolescent Depression (BSAD), and will be given information about where to seek additional help. The BSAD is only used as a screening device; it cannot provide a diagnosis for depression. We will contact you if the screening suggests further follow-up. For more information for parents, [**CLICK HERE**](#).

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Great opportunity to talk to multiple colleges and university admission representatives at one time and in one place.



Join us

FOR YOUR LOCAL COLLEGE FAIR

**SOUTHERN IL UNIVERSITY
EDWARDSVILLE
10/26, 6-7:30 PM**

STUDENTS
REGISTER AT
STRIVEFAIR.COM



Who's who in Student Services?

Jason Kapp- Director of Student Services- Counselor for last names A-Dar

Chelsea Zelasko- School counselor for last names Das-Koe

Heidi Houchins- School counselor for last names Kof-Rho

Kate Brendel- School counselor for last names Ri-Z

Emily Pingsterhaus- Social Worker

Jami Parker- Social Worker

Kelly Thomason- School Psychologist

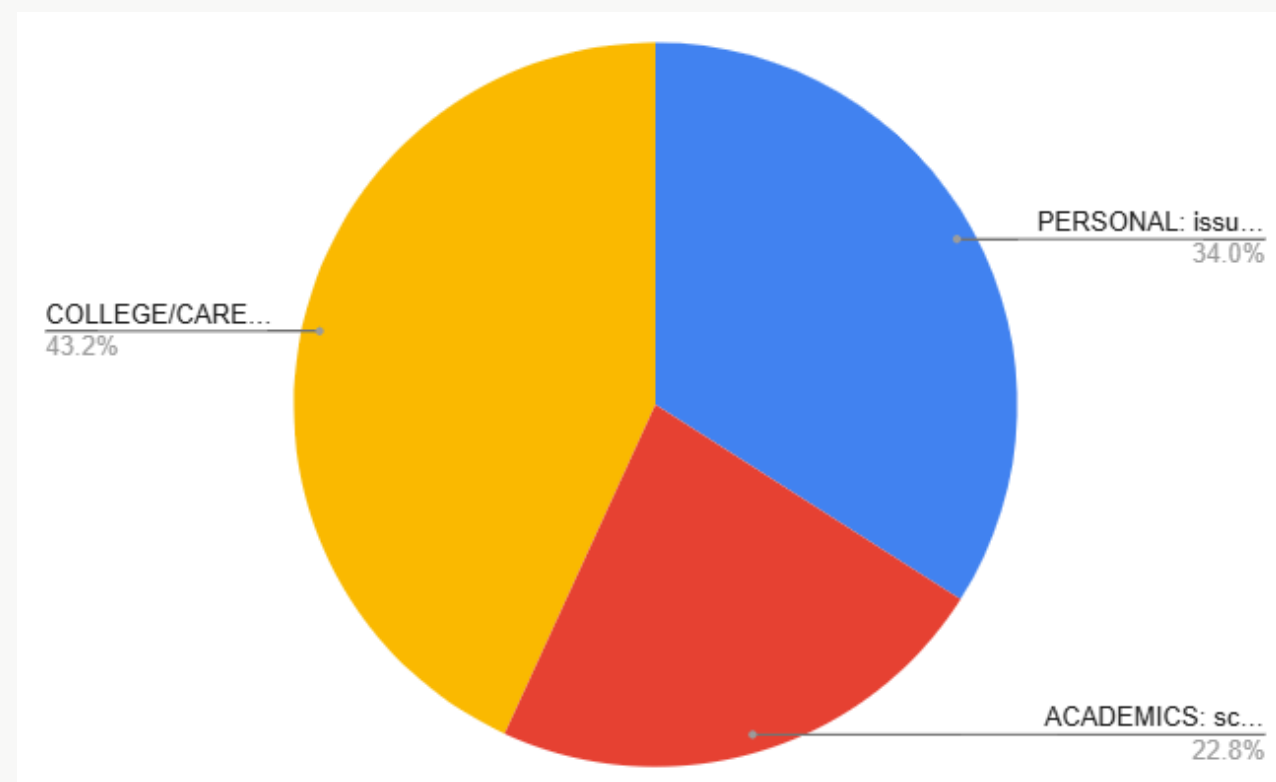
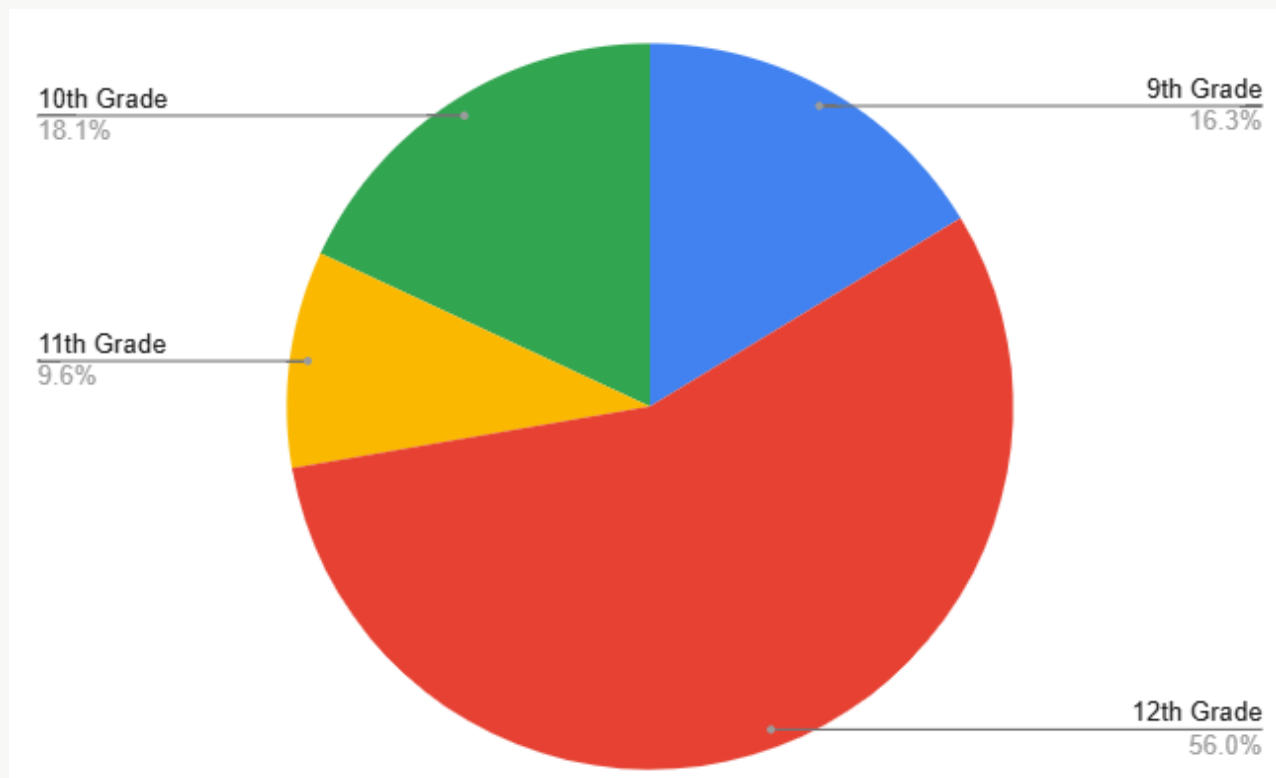
Jen Gensert- School Psychologist

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Who Visited Student Services in September and Why?



Colleges Visiting THS. If your student is interested in any of these schools, PLEASE have them come get pass in guidance!

*MONDAY OCTOBER 19TH @ 10:30AM-
UNIVERSITY OF ARKANSAS*

*MONDAY OCTOBER 19TH @ 11:30AM-
RANKEN TECHNICAL COLLEGE*

*MONDAY OCTOBER 19TH @ 1:20PM-
QUINCY UNIVERSITY*

*WEDNESDAY OCTOBER 21ST @ 12:15PM-
BALL STATE UNIVERSITY*

*MONDAY OCTOBER 26TH @ 9:30AM-
DRURY UNIVERSITY*

SEE MRS. HENDERSON IN STUDENT SERVICES FOR A PASS!



UPCOMING COLLEGE VISITS

*MONDAY OCTOBER 26TH @ 10:30AM-
MONMOUTH COLLEGE*

*MONDAY OCTOBER 26TH @ 11:30AM-
MURRAY STATE UNIVERSITY*

*WEDNESDAY OCTOBER 28TH @ 10:00AM-
TRUMAN STATE UNIVERSITY*

*WEDNESDAY OCTOBER 28TH @ 11:00AM-
UNIVERSITY OF LOUISVILLE*

*MONDAY NOVEMBER 2ND @ 9:30AM-
MISSOURI STATE UNIVERSITY*

SEE MRS. HENDERSON IN STUDENT SERVICES FOR A PASS!

UPCOMING COLLEGE VISITS

*WEDNESDAY NOVEMBER 4TH @ 10:00AM-
ILLINOIS WESLEYAN UNIVERSITY*

*MONDAY NOVEMBER 9TH @ 10:30AM-
MISSOURI SOUTHERN STATE UNIVERSITY*

*MONDAY NOVEMBER 9TH @ 12:00PM-
UNIVERSITY OF KANSAS*

*WEDNESDAY NOVEMBER 18TH @ 10:30AM-
SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE*

Student Services

TRICK
OR
TREAT

HAPPY
HALLOWEEN

