

Meet the Counselor...

The Basics

Hello! My name is Ms. Shelly Rife. I am a licensed k-12 school counselor. I am originally from Fowlerville, Mi. For the past forty years I have been living in the Arcadia-Bear Lake Area. I love gardening, kayaking, sitting by a fire, and spending time with family and friends!

My Family

Two children: Zac and Hanah. Four grandchildren: Carley, Kaelyn, Carter and Colton. Significant other: Tom. Younger brother: Matt and nephew Cooper. Two Morkies: Mia and Grace.



My Background

I started in education as a secretary at an elementary school. I fell in love with education and the students! From there I earned a bachelor degree in Family Life Education from Spring Arbor University and worked as the Responsible Thinking Classroom Supervisor, handling k-12 minor discipline at Onkama Schools for six years. Watching students take responsibility for their actions and make better choices was inspiring. I was more of a nurturer than a disciplinarian so I decided to pursue a Master's Degree in Counselor Education from Western Michigan University, and received my license from the State of Michigan. With that degree in hand, I worked the past four years as a college advisor at Onkama Schools and the past 1.5 years as the school counselor at Bear Lake Schools.

My Mission and Commitment to MCE Students and Families

I am committed to helping all students be as successful as they can and want to be in all areas of their life. I love helping students discover and develop their strengths both academically and socially/emotionally. It is a pleasure to hear about their aspirations and I am always thankful when they allow me to help them achieve their goals. I am committed to helping all students find their career pathway whether it be college, apprenticeships, military, or world of work. I am also committed to helping families overcome challenges and be as successful as you can and want to be.

These are challenging and stressful times. I am here for you!

Students and Parents, please feel free to email me anytime at srife@mceschools.com or call 231-757-3733 ext. 3609 leave your name, your students name, a phone number, and the best time to be reached. I will respond to emails and phone calls between 10 a.m. - 7 p.m. for the remainder of the "MCESchool@Home" year.

I am excited to be a part of the MCE family and look forward to working with all MCE students and families!

What do school counselors do?

- Listen to student concerns about academic, emotional or social challenges
- Help students navigate through their challenges and set goals and action plans
- Mediate conflict
- Assist with college applications, scholarships, and jobs
- Career exploration
- Organize and facilitate small group peer counseling sessions
- Evaluate student abilities, interests and personalities to help them develop academic and career goals
- Facilitate aptitude tests
- Provide classroom guidance lessons (study skills, coping skills, test anxiety, etc.)
- And the list goes on.

Career Exploration Ideas...

- ➔ Call family and ask what they like best about their job/career and what they find most challenging.
- ➔ Go to: <https://www.onetonline.org/> and <https://www.mynextmove.org/>
- ➔ Start a portfolio or make a collage of careers that interest you and explain why
- ➔ Login to your Xello account
- ➔ Military interests? Go to: <https://www.military.com/join-armed-forces/asvab>

Things to consider...

What better time than now to let your school counselor get to know you?!

Why?

You will likely need a letter of recommendation from your counselor to get into your top university. You may need a letter of reference to get that job you've been hoping to get straight out of high school. You may need help deciding which college, if any, or career is the best fit for you. You may need someone who knows you well enough to say, "yes, he/she can and/or will"!

How?

Email me! Send me your resume or let's get one started together. Ask me questions. Tell me a little bit about yourself. Tell me what's happening during this time in your life. What are your struggles/challenges and what are you doing to overcome them? What college do you want to attend? What do you want to study? What are your plans after high school? Not sure where to begin...then just start with "hi" and we will go from there:)

I look forward to hearing from you!!!