

MEET THE COUNSELOR

● Mrs. Krutsinger ●

All About Me

Hello, Class of 2026! My name is Mrs. Krutsinger and I am excited to be your school counselor over the next four years!

This will be my 4th year as a CCHS school counselor and my 12th year working in public education. I have previously worked as a classroom aide and a special education teacher.



Email: brenda.krutsinger@cchs165.com

Phone: 618-457-3371 x264

My Favorites

Color: Aqua

Artist: Taylor Swift

Hobbies: Cooking, weightlifting, volleyball, soccer, board games, video games, and traveling.

Place: Disney World

Shows &

Movies: Stranger Things, WandaVision, Marvel Movies

Food: Mexican and Sushi

Drink: Iced Coffee and Lemonade

Candy: Chocolate and Sour Candy

Store: Target

Education

- AA, AS, & AAT - Rend Lake College
- BS in Special Education & Elementary Education - SIU - Carbondale
- MA in School Counseling - Lindenwood University

Mrs. Krutsinger, School Counselor

Class of 2026



618-457-3371 ext. 264



Freshmen can make appointments here:

<https://krutsinger.youcanbook.me/>



https://cchs165.ss9.sharpschool.com/counseling_social_work/class_of_2026



brenda.krutsinger@cchs165.com



Students & Parents, check your email often for news, updates, reminders, etc.



Students, please accept your  classroom invite from Mrs. Krutsinger

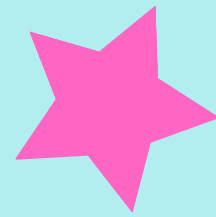
Set Goals:

- Get involved in a club, activity, and/or sport!
- Have great attendance & do your best academically!
- Focus on your personal health & wellness!
- Know & understand these key terms to be successful at CCHS: Credits, GPA, & Transcript



I am here to help students personally, academically, & with college/career development

- ACADEMICALLY
 - Set goals & achieve them
 - Communicate needs & seek help when needed
 - Graduate on time, ready for post-secondary success
- SOCIALLY/EMOTIONALLY
 - Get involved in the school community
 - Foster positive, healthy relationships
 - Find balance and wellness in everyday life
- CAREER/COLLEGE PLANNING
 - Explore post-secondary opportunities through SCOIR
 - Build soft skills and a strong work ethic
 - Prepare for life after high school with the ability to adapt, cope, & achieve



QUARTER 1

IMPORTANT DATES

8/12 - Student's 1st Day (1/2 day)

8/15 - Student's 1st Full Day (Early Bird begins)

8/18 - Fall Sports Pics (3-5 pm in the gym)

8/25 - CCHS Activities Fair (ARP & Lunch)

8/26 - CCHS Open House "Meet & Greet"

9/5 - No School (Labor Day)

8/29 to 9/3 - Mrs. Krutsinger & Mrs. Prudencio
visit English classes

9/8 - School Picture Day

9/13 - Q1 Midterm

9/16 - No School (County Institute)

9/26 to 9/30 - Homecoming Spirit Week

10/1 - Homecoming Dance

10/7 - 1/2 Day (School Improvement)

10/10 - No School (Columbus Day)

10/12 - End of Q1