

Meet Your Career Coach

Hello I'm Ms. Sinay! Your personal FCPS Career Coach!

What is a Career Coach? A Career Coach is an FCPS staff member, who guides students in planning and managing their career pathway while developing an array of options related to career goals. I will be providing Career Coaching at Middletown High School. At the High School level some of the things we will be focusing on are:



- Helping our students find their strengths and building individual skills to be successful future leaders.
- Discovering career interests with a focus on different industries and courses or programs for students to enroll in specific career pathways during their high school experience.
- Utilizing different career pathway resources such as Frederick Community College Dual Enrollment, Career Tech Center, work based learning options and much more!



Lauren Sinay

This is my first school year working within FCPS. I graduated from the University of Maryland with a Bachelors Degree in Psychology and a Masters Degree in Homeland Security Management. I am a Middletown resident and have lived in Frederick County for over 20 years. I have 11 years of law enforcement experience, government work with FEMA during the pandemic as a disaster survivor specialist; and two years of teaching Homeland Security & Emergency Preparedness at the high school level. I am passionate about empowering our students to unlock their potential and achieve meaningful results in their educational, personal, and future professional lives.



I'm always looking for local Businesses to connect with!

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