

# THS Connections



**November, 2021**

**FALL BACK!**

**The Month To Give Thanks**

*"Thanksgiving is a time of Togetherness and Gratitude." – Nigel Hamilton*

## FROM THE DIRECTOR

THS Family, **NOVEMBER tends to be the month of reflection and thanksgiving.** We, the School Counseling Department, are extremely grateful and thankful for all of you. To all our students, parents and staff, we are thankful to provide support throughout your high school journey.

As we continue to thrive through the year, keep in mind that the counselors are here for you, to guide you and provide valuable information for your growth. It's College Rep Visits, College & Career Fair, Testing and Scholarship season to assist you in school and future plans. Stay safe and well! #teaneckstrong

Remember to join the "Guidance Info" Google Classroom for your grade. Join codes:

Class of 2022- fwzm5z2

Class of 2023 - ia3aqne

Class of 2024 - ydbc3eh

Class of 2025 - iu7nmza

*"Reset, Reestablish, Reconnect"*

## DATES TO REMEMBER

**Tuesday, November 23rd (4:30-7:30pm)**

**9th & 10th Grade Homecoming Party**

Tickets Available Nov 7th/\$5 Pre-sale/

\$10 at the Door

**Tuesday, November 23rd**

Marking Period 1

Report Card Distribution

**Wednesday, November 24th (B Day)**

**Four Hour Session-Half Day**

**Thursday, November 25th**

**District Closed-Thanksgiving**

**Friday, November 26th**

**District Closed-Thanksgiving Recess**

**Wednesday, December 8th (4:00-5:30pm)**

THE FORUM'S Virtual Event:

Cosmetology Career Fair

**Important Links:**

[Teaneck Public Schools 2021 - 2022 District Calendar](#)

[THS Counseling Website](#)

Click [HERE](#) for a full list of scholarships

## COLLEGE/UNIVERSITY REP VISITS



College/University Representatives, the people who will read your application, will be coming to THS. If you are interested in a school, it is **STRONGLY** suggested that you attend. These sessions will provide you with information about a particular school and allow you “facetime” with an admissions rep to answer any questions. **Prepare for college representative visits by signing up on Naviance, meeting with your counselor, and have questions ready!**

### Here are the schools for Virtual Visits in November:

- University of Buffalo - Monday, November 1st - 1:40AM (A Day-4th Period)
- University of Maine at Fort Kent - Wednesday, November 3rd - 10:00AM (A Day-2nd Period)
- Bryant University - Monday, November 8th - 1:40PM (B Day-8th Period)
- Seton Hall University - Tuesday, November 9th - 1:40PM (A Day-4th Period)
- CUNY Hunter College - Thursday, November 11th - 10:00AM (A Day-2nd Period)
- University of Scranton (PA) - Monday, November 15th - 1:40PM (A Day-4th Period)
- Stony Brook University (NY) - Monday, November 22nd - 1:40PM (B Day-8th Period)
- Moravian University - Wednesday, December 1st - 1:40 PM (A Day-4th Period)

### Here are the schools for In-Person Visits in November:

- Cedar Crest College - Tuesday, November 9th - 8:00 AM (A Day-HR to 1st Period)
- Georgian Court University - Tuesday, November 16th - 8:30-10:00AM (B Day-HR to 5th Period)
- Bloomfield College - Thursday, November 18th - 8:15-10:00AM (B Day-HR to 5th Period)
- Dominican College (NY) - Tuesday, November 23rd - 8:15-9:15AM (A Day-HR to 1st Period)
- Savannah College of Art & Design - Thursday, December 3rd - 8:15-9:15AM (B Day-HR to 5th Period)

**Seniors and Juniors are encouraged to attend**

## COLLEGE HELP?

### YOU NEED TO DO THIS TODAY!

Student feedback has proven that procrastination with the college application process has resulted in much higher stress levels for both students and parents! Completing most of your college applications workload over the summer will result in a smoother start to your senior year...and a much happier household. This month please take a moment to.....

1. Create a Common Application Account. This preparation is required for this step so you can create your account as early as you'd like. All you'll need is some basic profile information--like your name, date of birth, address and phone number. And of course, you'll need to provide a valid email address. Click here to create your account: [Common App Login](#). If your college does not appear under the Common Application, go directly to their website and click admissions for their own online application. Here are the step-by-step directions on how to complete the Common App: [How To Complete The Common Application.pdf](#)
2. Begin drafting your college essay. JUST GET STARTED! Click here for some help: [Essay Help Tips](#) Here's some more [Essay Help!](#) The basic premise is to focus on ONE idea. If you could sit down with an

admissions representative, what is the ONE thing you would want them to know about you? Be genuine and limit your essay to 1 ½ to 2 pages MAXIMUM! Common Application Essay Prompts 2021- 2022. Here are some websites to give you some inspiration: • [John Hopkins Essays That Work](#)

3. Narrow down your school list in Naviance. The **MOST important** part of this entire process is applying to appropriate colleges! Summer was the ideal time to continue researching colleges, visiting colleges, and narrowing down your final list to include roughly 10 colleges. You want this process to be successful! A healthy guideline to follow consists of:

**2 reach colleges      6 target colleges      2 likely colleges**

4. Complete your “Junior Questionnaire” (About Me>>>My Surveys>>>Surveys Not Started) in Naviance, and, encourage your parent/guardian to complete the “Parent Questionnaire” (About Me>>>My Surveys>>>Surveys Not Started). The more information the counselor has, the better letter of recommendation he/she can write. If you need help with your Naviance login, please reach out to your counselor.
5. Start preparing your FAFSA: Financial Aid and think about how you plan to pay for college. [Preparing for FAFSA Applications](#)

## REQUESTING LETTERS OF RECOMMENDATION

**Step 1:** If you haven’t already done so, ask your teacher(s) if they will write a letter for you. Once they say “yes”....

**Step 2:** Login to your Naviance Account

**Step 3:** Click on “Colleges”

**Step 4:** Click on “Letters of Recommendation”

**Step 5:** Click “Add Request” and complete the form.

- If you haven’t added any colleges to your active list, you will need to do so as soon as possible.
  - When asked: “Select which colleges this request is for?” **Select: “All current and future colleges”**
- Please reach out to your counselor with any questions.**

## FINANCING YOUR FUTURE

### How Financial Aid Works

For most students planning to attend college or career school, financial aid is essential. The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in financial aid to help pay for college or career school each year.

Before each year of college, apply for federal grants, work-study, and loans with the Free Application for Federal Student Aid (FAFSA®) form. Your college uses your FAFSA data to determine your federal aid eligibility. Many states and colleges use FAFSA data to award their own aid. After submission, you’ll receive your Student Aid Report.

It's never too early—or too late—to explore your options for college or career school. Go to <https://studentaid.gov/> to learn more about key steps in preparing for college and resources that can help you along the way.

### SCHOLARSHIP OPPORTUNITIES

It’s never too early to start thinking about how you are going to pay for college: In Naviance, go to Colleges...scroll to the bottom and click on “Scholarship List”...then change the Browse function by Category to

“Search Engine.” This will give you a list of places to begin your search. Looking for scholarships is very labor intensive, but worth it. **\*\*DO NOT pay for scholarship information or provide your Social Security number.\*\*** Also, always review the **Teaneck High School Counseling Website** periodically for updated information. Click [HERE](#) for a full list of scholarships

### Scholarships

WiseGeek Community Service No-Essay Scholarship - 12/1/21

[WiseGeek Community Service No-Essay Scholarship for 2021 \(homequestionsanswered.com\)](#)

WiseGeek Cosmetology No-Essay Scholarship - 12/1/21

[WiseGeek No-Essay Scholarship for Cosmetology Students 2021](#)

WiseGeek Law No-Essay Scholarship - 12/1/21

[WiseGeek No-Essay Scholarship for Law Students 2021](#)

WiseGeek Nursing No-Essay Scholarship - 12/1/21

[WiseGeek No-Essay Scholarship for Nursing Students 2021 \(thehealthboard.com\)](#)

Mountainside Brighter Future College Scholarship - 12/1/2021

[2021 Mountainside Brighter Future Scholarship | Mountainside](#)

The Bronfman Fellowship - 12/8/21

[2022 Bronfman Fellowship - Class of 2023](#)

Burger King Scholarship Program - 12/15/21

[BURGER KING<sup>SM</sup> Scholars : Scholarship Application - Commercial](#)

Equitable Excellence Scholarship - 12/17/21

[Equitable Excellence Scholarship](#)

Foot Locker Scholars Athlete Scholarship - 12/17/21

[Foot Locker Scholar Athletes](#)

### COLLEGE/UNIVERSITY APPLICATION WAIVER FEE CODES:

Curry College - APP Code CFW

Lincoln University - FREE App & FAFSA

NJIT - APP Code NJ22; Financial Aid FAFSA Code 002621

[application checklist](#)

Seton Hall University - APP Code XFW

### FROM THE F.O.R.U.M.

The ACE (Architecture, Construction Management and Engineering) Mentoring Program held its first meeting of the school year on **November 9th**. ACE is a national afterschool program that gives students who are interested in careers in engineering, architecture and construction an opportunity to meet with design professionals from some of the top architecture, construction and engineering firms in the tri-state area.

Students in the program:

1. Have a unique opportunity to be exposed to the many areas that make up engineering, architecture and construction management
2. Can build networks and relationships with industry professionals who can help them apply for internships and summer jobs
3. Can see what is like to work in an architecture, construction and engineering office, and

- Any senior participating in the program is eligible to apply for a partial scholarship through the ACE scholarship program as long as he or she pursues a career in Architecture, Construction Management or Engineering. Since 1995 ACE has awarded over 8.2 million in scholarship funds to students to attend colleges including: Columbia, Harvard, Princeton, Spelman, Howard, University of Maryland – Eastern Shore, Wentworth Institute of Technology, Syracuse, Texas A & M

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**In December**, The FORUM will be hosting an after school virtual career fair for students who are interested in pursuing careers in Cosmetology and Real Estate.

For more information and to sign up, please contact Miss Witter at [ywitter@teanekshools.org](mailto:ywitter@teanekshools.org).

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**Seek professional help if needed.** If feelings of sadness or anxiety don't go away, talk to a doctor or mental health professional. The following resources can be used to access support:

**For a life-threatening emergency, always dial 911**

**Bergen County's Designated Psychiatric Emergency Screening Program 201-262-HELP/4357**

**2nd Floor Youth Helpline: 1-888-222-2228 (call or text)**

**2ND FLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play**

**National Suicide Prevention Lifeline: 1-800-273-8255**

**para español 1-888-628-9454 Prevención del Suicidio Nacional)**

**Full list of resources available--can be found on the [School Counseling page](#) "Helpful Links"**

**HOPE AND HEALING TV**

**Bridges Family Success Center Proudly Presents November's Hi-Lighted Programs**

**Parent/ Child Education/Activities**

**Nov 22 Monday – "Developmental Milestones: Ready, Set, ASQ!" 6pm Register Today!**

Family Center is excited to share an upcoming Parent Workshop, "Developmental Milestones: Ready, Set, ASQ!" Join our virtual event to learn about easy developmental screening and gain some FUN, FAST and FREE activities to connect with your child and promote their development.

**To Register Click à <https://forms.gle/znqdGoAawe3VZzsm7>**

**Monday, November 22nd at 6pm**

**English and Spanish Session Provided.**

**Incentives Provided!**

**Nov 22 Monday - Arts & Crafts 4pm Registration opens Nov 8**

Join us for an exciting holiday arts and crafts activity with volunteers Rocky and Tova! Have your crayons and markers ready! For children ages 4-7. Materials provided\*

Material Pick up- Wednesday, 11/15/2021 between 11am and 1pm at Bergen Family Center front desk (44 Armory St. Englewood NJ 07631)

**Nov 24 Wednesday - STEM Engineering 4pm Registration opens Nov 8**

Join us for our virtual STEM engineering workshop offered by a volunteer, Allen Chu.

For children ages 2-5 Material Pick up- Wednesday, 11/15/2021 between 11am and 1pm at Bergen Family Center front desk (44 Armory St. Englewood NJ 07631)

*Is your child a budding engineer?* Bergen Family Center is pleased to be offering our Junior Engineering Lab! The curriculum for the Junior Engineering Lab is designed to introduce our students to the field of engineering and to the job of an engineer. Students will explore the fields of Aerospace, Chemical, Civil, Electrical, Environmental, Industrial, Marine and Mechanical engineering and learn science and engineering concepts through fun and challenging hands-on activities. Students will get to take home any projects they build. Includes all materials necessary for the lesson. Space is limited so please register now!

Click here to register for programs; <https://linktr.ee/bfcfamilysuccesscenter>



## Hope and Healing Virtual Support for Post-COVID Patients

The Institute for Prevention and Recovery Hope and Healing program offers virtual classes in self-care and emotional support for patients recovering from COVID-19.

[Click here to download flyer.](#)

### Virtual Support Group

Thursdays at 6pm

Topics include mindfulness, anticipation/anxiety, the middle space, re-entry and recovery.

<https://us06web.zoom.us/j/81948585734?pwd=SlcwSEZzck93OW5ldDBKk1ZlTm1pQT09>

+19292056099

Meeting ID: 819 4858 5734

Passcode: 486847

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### Meditation and Chair Yoga

Tuesdays at 6pm

Learn how to calm your mind, reduce negative emotions and manage stress.

<https://us06web.zoom.us/j/86758591787?pwd=VitVVVVVJN0pEZzNSZ3JhNTJaVjg2UT09>

+19292056099

Meeting ID: 867 5859 1787

Passcode: BHealthy

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## College Support Group

### Mondays at 6pm

Share experiences, receive support, and enhance personal strengths together.

<https://us06web.zoom.us/j/89157850811?pwd=czhEcHowOWk2aG9kYU5lTDllbW9EUT09>

+19292056099

Meeting ID: 891 5785 0811

Passcode: 149209

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# Virtual Support

## Children and Families

### Bored in the House: Youth Hangout (Ages 14-18)

#### Wednesdays at 4pm

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 947 3214 9652 Passcode: 726468

#### Drop-In Hours

#### Thursdays 1-2pm

[Zoom Link](#)

Meeting ID: 824 6742 5319 Passcode: 303363

#### Tuesdays 6-7pm

[Zoom Link](#)

Meeting ID: 844 0635 4514 Passcode: 364638



## Individuals in Recovery

### Daily All Recovery Meetings

All Recovery virtual meetings provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

[Click here for full schedule](#)

#### Mondays at 10am

#### Spiritual Healing in Recovery

[Zoom Link](#)

[1 \(929\) 205-6099](#)

[Zoom Meeting ID: 949 3803 3159 Passcode: 934578](#)

#### Tuesdays at 10 am

#### Silver Lining for All Recovery Wellness

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Zoom Meeting ID: 921 8005 4325 Passcode: healing](#)

### **Wednesdays at 10am**

#### **Spiritual Dimensions of Recovery**

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Meeting ID: 990 1725 3565 Passcode: 269916](#)

### **Wednesdays at 6pm**

#### **Bridges: Family Support Group**

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Zoom Meeting ID: 928 5522 9552 Passcode: 797 941](#)

### **Thursdays at 10 am**

#### **Holistic Wellness for Physical and Emotional Well-being**

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Zoom Meeting ID: 920 0511 0513 Passcode: healing](#)

### **Fridays at 10am**

#### **Wellness Toolbox**

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Meeting ID: 995 2727 7514 Passcode: healing](#)

### **Fridays at 4pm**

#### **Spiritual Healing in Recovery**

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

[Zoom Meeting ID: 949 3803 3159 Passcode: 934578](#)

## **IFPR HOPE and HEALING**

BWJBarnabas Health Institute for Prevention and Recovery Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

**Call, click or email:**

**833-795- HOPE (833-795-4673)**

**7 days a week, 8am to 8pm**

[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)

[hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org)



## MEET THE TEAM

### THS Counseling Department

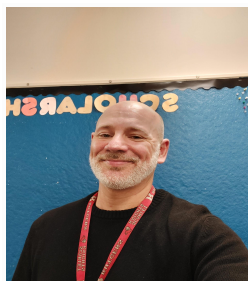
Ms. Keshia Golding-Cooper, Director	<a href="mailto:kcooper@teaneckschools.org">kcooper@teaneckschools.org</a>
<b>Counselors</b>	
Mr. Douglas Book	<a href="mailto:dbook@teaneckschools.org">dbook@teaneckschools.org</a>
Ms. Beth Fleischer	<a href="mailto:bfleischer@teaneckschools.org">bfleischer@teaneckschools.org</a>
Ms. Lillian Garcia	<a href="mailto:lgarcia@teaneckschools.org">lgarcia@teaneckschools.org</a>
Ms. Kharisma Bettis	<a href="mailto:kmitchell@teaneckschools.org">kmitchell@teaneckschools.org</a>
Mr. Kelvin Reese	<a href="mailto:kreese@teaneckschools.org">kreese@teaneckschools.org</a>
Ms. Jennifer Taylor	<a href="mailto:jtaylor@teaneckschools.org">jtaylor@teaneckschools.org</a>
<b>Student Assistance Coordinator</b>	
Ms. Adrienne Williams-	<a href="mailto:awilliams@teaneckschools.org">awilliams@teaneckschools.org</a>
<b>Support Staff</b>	
Ms. Kim Dockery	<a href="mailto:kdockery@teaneckschools.org">kdockery@teaneckschools.org</a>
Ms. Sheila Moore	<a href="mailto:smoore@teaneckschools.org">smoore@teaneckschools.org</a>



Student Photo Credit: Ehsun Khan

[Please check Skyward for you School Counselor](#)

### The F.O.R.U.M.



Nick Campestre, Coordinator, [ncampestre@teaneckschools.org](mailto:ncampestre@teaneckschools.org)  
 Victoria Alexander, Counselor, [valexander@teaneckschools.org](mailto:valexander@teaneckschools.org)  
 Yvonne Witter, Employment Counselor, [ywitter@teaneckschools.org](mailto:ywitter@teaneckschools.org)  
 Gianni Hidalgo, Counselor, [ghidalgo@teaneckschools.org](mailto:ghidalgo@teaneckschools.org)  
 Owen Barnes, Admin. Assistant, [obarnes@teaneckschools.org](mailto:obarnes@teaneckschools.org)  
 Jason Juxon-Smith, Counselor, [jjuxonsmith@teaneckschools.org](mailto:jjuxonsmith@teaneckschools.org)

[Links to appointment calendars are in College & Career Google Classroom.](#)

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[Past Presentations](#) are posted!



11.11.21

