

THS Connections



October, 2021
Back To School! Hello FALL!



FROM THE DIRECTOR

THS Family, **HELLO FALL** we're **BACK TO SCHOOL at The Castle On The Hill!** Welcome to the 2021-22 school year at Teaneck High School.

The School Counseling Department is thrilled to have you back in the building and stands ready to support you and your child as we navigate this school year. I would also like to welcome incoming Freshman and transfer students and parents.

Keep in mind that it's College Rep Visits, College & Career Fair and Testing season to assist in elevating you to the next school/chapter of your life. Stay safe, well and masked-up! #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

Monday, October 4th

4 Hour Session - Half Day

Thursday, October 7th (7-8pm)

Freshman/Sophomore

Virtual Parent Night

Friday, October 8th

SAT Registration Deadline

SAT Test - November 6, 2021

Tuesday, October 12th

Marking Period 1 Ends

Tuesday, October 12th (7:30am)

"Power Hour" for Seniors- Getting Started on the college application process. Click [HERE](#) to Register to attend.

Tuesday, October 19th

Marking Period 1

Progress Report Distribution

Tuesday, October 19th (3-5pm)

Wednesday, October 20th (3-5pm)

Thursday, October 21st (3-5pm)

The FORUM In-Person Workshops

Saturday, October 23rd

ACT Testing

Tuesday, October 26th

PSAT/NMSQT Testing for 10th & 11th grade

- ❖ Sophomore & Juniors report to homeroom at 7:55am. Testing will start at 8am
- ❖ Freshman report- 8:15 to the gym
- ❖ Seniors report - 9:30am to the auditorium

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 “face time” 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 October:

- High Point University - Friday, October 8th - 10:00AM (A Day-2nd Period)
- Emmanuel College - Friday, October 8th - 1:40PM (A Day-4th Period)
- Johnson & Wales University - Tuesday, October 12th - 1:40PM (A Day-4th Period)
- Ramapo College of New Jersey - Thursday, October 14th - 1:40PM (A Day-4th Period)
- SUNY College of Oswego - Tuesday, October 19th - 10:00AM (B Day-6th Period)
- University of Delaware - Tuesday, October 19th - 1:40 PM (B Day-8th Period)

Here are the schools for In-Person Visits in October:

- Kean University - Wednesday, October 13th - 8:00 AM (B Day-HR to 5th Period)
- Stockton University - Tuesday, October 19th - 8:00-9:00AM (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 is not preparation 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. We can't make it any easier for you...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 I add to my Colleges I’m Apply To list.” Please reach out to your counselor with any questions.**

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

Omega Psi Phi Fraternity, Inc - 10/14/2021

[Omega Psi Phi Fraternity HS Essay Contest](#)

The 2022 Coca-Cola Scholarship - 10/31/2021

[Due 10/31/21- Coca Cola Scholarship](#)

The ELKS National Foundation Scholarships - 11/15/2021

[The ELKS National Foundation Scholarship Programs - Due 11/15/21](#)

Jack Kent Cooke Foundation Scholarships - 11/18/2021

[JKCF How To Apply Scholarship](#)

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

The FORUM will host the following in-person workshops for students:

"Redefine Yourself - Strategies for Launching A Successful Job Search Campaign"

Topics include:

- A WOW Cover Letter
- What's In A Resume
- What Are Keywords
- Where To Search for Employment

+++++

"Interviewing Skills - Increasing the Chances of Getting The Position You Want By Presenting A Professional, Prepared & Confident YOU!"

Topics include:

- What is A Job Interview
- Company Culture - Are You A Fit?
- How To Prepare For The Interview
- Creating A Great First Impression
- Dressing For Success
- Body Language
- Interview Don'ts
- Closing The Interview
- Interview Follow-Up
- Types of Illegal Interview Questions

+++++

"Budgeting For Teens" - Presented By Roxanne Camejo, VP Community Development - Lakeland Bank

Topics will include:

- Bank accounts and fees
- ATM and credit cards
- Online banking
- Emergency savings
- Budgeting basics
- Credit cards and credit reports
- Identity theft

Upon completion, you will receive a "Certificate of Completion" and 2 hours of community service for each workshop that you attend.

Please contact Miss Witter in the FORUM to sign up at ywitter@teaneckschools.org

+++++

ACE is an 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.

So how it works...Architects and engineers come into the school and meet with a cohort of 15 – 20 students after school for 2 hours each Tuesday from November through March to work on a design project. They show and teach you how and what it is like to design and build schools, stadiums, shopping malls, parks and lots more. You will have a chance to tour the office where these professionals work and go on field trips to construction sites. The program culminates with you and the other members of your student team presenting your design project to your teachers, parents and fellow students at NJIT.

The perks of being a member of ACE is that you:

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 you apply for internships and summer jobs
3. Can see what is like to work in an architecture, construction and engineering office, and
4. Are 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

The first session is in mid-November. For more information, please stop by the FORUM to see Miss Witter or email her at ywitter@teanekshools.org



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

Educational Series to Support Children and Families

****Please Click on the Dates/Times to Register****

Pros and Cons of the Apps Your Kids Use - Speaker: Bryan Cardenas Jara, LSW

30 minutes

Dates:

[10/4 at 7pm](#) --- ****PLEASE NOTE NEW TIME****

[10/11 at 7pm](#) --- ****PLEASE NOTE NEW TIME****

This webinar for parents will focus on apps that youth are using for school, fun, and to socialize; educate parents on the pros and cons of these applications; and discuss how to encourage their children to use them in a safe manner.

Boundary Setting 101

Speaker: Victoria Buhl, MPH, CHES

2-part series; 30 minutes each

Dates:

[10/4 and 10/11 at 7:30pm](#)

This series will discuss the importance of creating and upholding boundaries, as well as how to effectively set them for yourselves and your children. Open to parents.

Beating Procrastination and Methods of Success in Organization

Speaker: Autumn Kilduff, Support Specialist and Peer Mentor

2-part series; 30 minutes each

Dates:

[10/5 and 10/7 at 5:30pm](#)

[10/12 and 10/14 at 5:30pm](#)

This webinar will showcase tips on what school supplies and tools will be critical for success. Open to youth and families.

How to Recognize Toxic Friendships

Speaker: Anita Crowley, Certified School Counselor, National Anger Management Specialist

30 minutes

Dates:

[10/6 at 7pm](#)

[10/13 at 7pm](#)

Friendships make life more meaningful. They provide a positive effect that makes us feel good about ourselves and others – but what if your friend does the opposite? Learn the most common signs to look for in a toxic friendship and pick up tips on how to handle them. Open to all ages.

Recognizing Anxiety in Kids and Teens

Speaker: Anita Crowley, Certified School Counselor, National Anger Management Specialist

2-part series; 30 minutes each

Dates:

[10/7 and 10/14 at 7:30 \(teens\)](#)

These webinars will explore different signs of anxiety and stress in elementary, middle school, and high school- age youth. Parents will learn how to support their children in managing their anxiety.

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

hopeandhealing@rwjbh.org

MEET THE TEAM

THS Counseling Department

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



The F.O.R.U.M.



Nick Campestre, Coordinator, ncampestre@teaneckschools.org
Yvonne Witter, Employment Counselor, ywitter@teaneckschools.org
Gianniil Hidalgo, Counselor, ghidalgo@teaneckschools.org
Victoria Alexander, Counselor, valexander@teaneckschools.org
Owen Barnes, Admin. Assistant, obarnes@teaneckschools.org

[Please check Skyward for you School Counselor](#)
[Links to their appointment calendars are in College & Career Google Classroom.](#)

Follow us on Social Media

Faceboook & Instagram
@Teaneck School Counseling
Subscribe to the THS Counselors
[YouTube Channel](#)
[Past Presentations](#) are posted!



2021 LATINX HERITAGE MONTH