

# THS Connections



March, 2021

## MARCH MADNESS & WOMEN'S HISTORY MONTH

### FROM THE DIRECTOR

THS Family, It's **MARCH MADNESS!** For the second year, the Teaneck Counseling Department is adding to the well known month. "March Madness-College and Career Exploration Month" is geared towards exposing our students to various career pathways. Every Tuesday throughout the month of March, we have invited dynamic career professionals to virtually meet to share about their career field with our students. Students attend via their teacher signing up. Juniors or seniors with a study hall or open period can also attend via submitting a form that is distributed via email.

The panelists are from the following industries: Business Entrepreneur, Journalist, Account Executive-SalesForce, Financial Planner/Accountant, Hospital Management/Operations, Entertainment Lawyer, Bergen County Senior Assistant Prosecutor, TV Production Assistant, Audio/Video Technology, Sales Director-Digital Advertising

**Staff-** "Rep Your College Friday's" are back. Please take a picture and forward it to the counseling department to share on social media. Also, in place of door decorations, if you have a Bitmoji Classroom, please consider adding your college/university information to it.

**Scheduling** for the 2021-2022 school year will begin this month. Be on the lookout for more information.

### COUNSELOR CORNER ~ MEET Ms. KHARISMA MITCHELL

Hi, I am Kharisma Mitchell, the newest School Counselor to join Teaneck High School. While this is my first official year, I am no stranger to THS. I am a proud graduate of THS Class of 2002, and I had the pleasure to intern in the Counseling Department from 2018-2020. I received my B.A. from Howard University in Journalism/Public Relations, with a minor in Secondary Education, and after years of working in Entertainment Marketing and Events, I knew it was time to follow my life's purpose and passion...working and making a difference in the lives of youth. I received my M.Ed in Professional and School Counseling from William Paterson University, and I absolutely love the idea of being able to pour back into students that walk the same hallways I did years ago. Touching lives one day at a time is the goal, and knowing that something you've said, or done to impact someone is an honor.

I love dance and the arts, and have worked with several organizations teaching dance to young people, along with working with the Teaneck Terpsichoreans since 2006. I am a proud member of Delta Sigma Theta Sorority, Inc., I enjoy traveling (which has not been happening a lot thanks to COVID :-)), and I love spending time with my family creating new memories. I am a woman of faith and strive to share a positive outlook on things wherever I go. Virtual life has been a strange way to meet and connect with new students, so I long for the day where I can see everyone in REAL LIFE back home at the Castle on the Hill!

## **From the F.O.R.U.M**

### **Upcoming FORUM Events:**

#### **Bergen Community College Student Prospect Night**

**Thursday, March 4th 6 pm - 8 pm**

Juniors and seniors who are considering attending Bergen Community College, will have an opportunity to learn about the 140 Academic Degree and Certificate Programs. Presentations will include but not limited to: Admissions, Financial Aid (which includes 1. Educational Opportunity Fund which is a state sponsored program for students who need academic and financial support and 2. the community college opportunity grant program), STEM, Culinary, Fashion, Athletics, Student Clubs, the 2021 virtual Summer Intensive Program, NJ STARS and much more!

For more information, contact Miss Witter in the FORUM at [ywitter@teaneckshools.org](mailto:ywitter@teaneckshools.org).

***The registration deadline is Wednesday, March 3rd at noon.***

(Note: Additional BCC Student Prospect Nights will take place in April and May)

**The FORUM in Partnership with THS PTSO will host "Borrowing Basics"**

**Presented by Roxanne Camajo, VP/Community Development Officer of Lakeland Bank**

**Monday, March 8th at 7 pm.**

Topics include types of loans, definition of credit and loans, identify the costs associated with obtaining a loan, actors lenders use to make loan decisions, importance of rent-to-own, payday loans and refund anticipation services, guarding against predatory lending practices

For additional information, contact Miss Witter in the FORUM at [ywitter@teaneckschools.org](mailto:ywitter@teaneckschools.org)

**The FORUM presents "Budgeting For Teens "**

**Presented by Roxanne Camajo, VP/Community Development Officer of Lakeland Bank**

**Wednesday, March 17th 4 pm**

Topics include bank accounts and fees, ATM and debit cards, online banking, emergency savings, budgeting basics, credit cards and credit reports, identity theft. For additional information, contact Miss Witter in the FORUM at [ywitter@teaneckschools.org](mailto:ywitter@teaneckschools.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"**



## SCHOLARSHIP SEASON IS UPON US

*Hey Seniors!! Thinking about the cost of college and how you can help reduce the expenses? Scholarships are a great way to alleviate some of the worries about affording college.*

*Check out your Class of 2021 Google Classroom for the most recent scholarships posted.*

*Here are some tips for finding College Scholarships:*

### **1. Check out your prospective schools**

- a) *go to their website or call the financial aid office.*

### **2. Ask your School Counselor**

- a) *You have access to Naviance and Google Classroom to keep you up to date with the latest scholarships that are available both nationally and locally. Take advantage of it.*

### **3. Dig into your Network**

- a) *Do you belong to a church group or a local chapter of some national club?*
- b) *Are either of your parents or guardians a member of a union or civic groups? Does either of them work for a large corporation? Many of these types of organizations offer scholarships to members and their children.*

### **4. Try Online - The best websites to apply for Scholarships**

- a) *Cappex*
- b) *The College Board*
- c) *FastWeb*
- d) *Niche*
- e) *Scholarships.com*
- f) *CollegeNet.com*
- g) *ScholarshipMonkey.com*



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## SCHOLARSHIP OPPORTUNITIES

### March/April Deadline Dates:

-**NJREA Scholarships** - March 1, 2021 Link to apply: <https://www.njea.org/membership/njrea-member/njrea-scholarships/>

-**American Academy Of Art Scholarship Competition** - March 1, 2021 Link to apply: <https://www.aaart.edu/events/registration-scholarship-competition-2021/>

-**The Junior League of Bergen County Scholarship** - March 5, 2021 Link to apply: [JLBC 2021 Scholarship](#)

-**AABE Scholarship Program** - March 7, 2021 Link to apply: <https://scholarship.aabe.org/>

-**NJ School Building & Grounds Association Scholarship** - March 8, 2021 Link to apply: [State Scholarship Program](#)

-**NJPSA Student Scholarship** - March 11, 2021 Link to apply: [20-21-NJPSA-Student-Scholarship-Application \(1\) 2.pdf](#)

-**Alpha Kappa Alpha Sorority Scholarship** - March 15, 2021 Link to apply: [2021-AKA Iota Epsilon Omega Scholarship Application](#)

-**Buddhist Tzu Chi Scholars 2021** - March 13, 2021 Link to apply: [Buddhist Tzu Chi Foundation Scholarship - due 3.15.21.pdf](#)

-**Class of 1959 Scholarship** - March 15, 2021 Link to apply: [Class of 1959 Scholarship.pdf](#)

-**NJ Schoolwomen's Scholarship** - March 15, 2021 Link to apply: [NJ Schoolwomen's Scholarship Application.pdf](#)

-**The Mayflower Scholarship 2021** - March 15, 2021 Link to apply: <https://www.themayflowersociety.org/blog/scholarships>

-**BP Community Scholarship Program** - March 26, 2021 Link to apply: <https://bpscholarships.com/>

-**NJ Sharing Network Scholarship** - March 29, 2021 Link to apply: <https://www.njsharingnetwork.org/scholarship>

-**BCAC-Delta Sigma Theta Sorority, Inc.-Pearl Scholarship** - March 31, 2021 Link to apply: [Pearl Sch app.2021](#)

-**Blacks At Microsoft Scholarships** - March 31, 2021 Link to apply: <https://www.microsoft.com/en-us/diversity/programs/black-s-scholarships.aspx>

-**Janet Logan Daily Foundation Scholarship** - April 1, 2021 Link to apply: [janetlogandailyfoundation.org](#)

-**Grand Education Scholarship 2021 - Free Masons of NJ** - April 1, 2021 Link to apply: [Due 4/01/21- Grand Education and Scholarship Application](#) & [Due 4/1/21- Grand Education Scholarship - Masons of NJ](#)

-**NAWC Scholarship** - April 1, 2021 Link to apply: [Due 4/1-NAWC-Scholarship-Application-2021.pdf](#)

-**Paramus Med & Sports Rehab Ctr Angela Picchierri Sudol Memorial Scholarship** - April 1, 2021 Link to apply: [Due 4/1/21- Paramus Med & Sports Reh Memorial Scholarship.pdf](#)

-**2021 Foundation 649 Scholarship** - April 1, 2021 Link to apply: [2021 Foundation 649 Scholarship - Due 4/1/21](#)

-**Marine Trades Assoc. of NJ-Education Scholarships** - April 1, 2021 Link to apply: [Due 4/1-MTA:NJ Education Scholarship.pdf](#)

-**BCSCA Scholarship** - April 1, 2021 Link to apply: [SCHOLARSHIP APPLICATION.pdf](#)

-**The Mickey Corcoran Athletic Scholarship** - April 1, 2021 Link to apply: [Due 4/1/21-The Mickey Corcoran Scholarship Application](#)

-**Cathay Bank Foundation Scholarship** - April 2, 2021 Link to apply: [Cathay Bank Foundation Scholarship-Due 4/2/21](#)

-**The Taiwanese American Scholarship Fund** - April 2, 2021 Link to apply: [Due 4/02 - The TASF Scholarship](#)

### Tips on how to write scholarships essays!!

Your Scholarship Essay DO'S AND DON'TS	
DO	DON'T
<ul style="list-style-type: none"> <li>Follow the instructions</li> <li>Discuss 1 central point in each paragraph</li> <li>Research your audience</li> <li>Focus on strengths</li> <li>Turn weaknesses into success stories</li> <li>Use detailed, actual examples from your real life</li> <li>PROOFREAD, PROOFREAD, PROOFREAD</li> <li>Tell a story</li> </ul>	<ul style="list-style-type: none"> <li>Open your essay with a quote</li> <li>Use sentences like: "In this essay I will"</li> <li>Use words that are new to you</li> <li>Achievement-stuff your essay</li> <li>Don't repeat your resume</li> <li>Say that you need money outright</li> <li>Have the EXACT same essay for every application -- tailor your essays</li> </ul>



RepVisits for Teaneck High School: virtual link available at visit time

- Marymount Manhattan College - March 10, 2021 - 12:30pm
- Muhlenberg College - March 12, 2021 - 12:30pm
- Ursinus College - March 15, 2021 - 2:30pm
- University at Buffalo, State University of New York - March 16, 2021 - 2:30pm
- Dominican College - March 18, 2021 - 2:30pm



• **Drexel University - March 23, 2021 - 12:30pm**

All college rep visits will be posted on Naviance. Make sure you are logging on to Naviance. Need help, contact your School Counselor.

**What type of school are you interested in?**

**Two Year Schools (e.g. BCC)**

- Apply in February (ideal)
- No transcript until after graduation
- No SAT/ACT
- No letters of recommendation
- Qualifying students can apply for NJ STARS Program (Student Tuition Assistance Reward Scholarship)

**Four Year School (e.g. FDU)**

- Apply by deadline (October - January, mostly)
- THS needs to send information- transcripts, letters of recommendation
- Students send materials - essay(s), SAT/ACT scores, etc.

**NOTE:**

**Some Colleges are TEST OPTIONAL  
for the Class of 2021**

**If you plan to apply Early Action or Early Decision  
contact your School Counselor ASAP!**

**SAT Test Dates**

**March 13, 2021 Test:**

Regular Registration Deadline: 2/12/21  
Late Registration Deadline: 3/02/21

THS is a Test Center for the March Test.

Go to [collegeboard.org](https://collegeboard.org) to register & find a location near you.

**ACT Test Dates**

April 17, 2021 Test: Deadline  
Regular Registration Deadline: **3/12/21**  
Late Registration Deadline: 3/26/21

Register at [ACT.ORG](https://act.org)

**Important Dates**

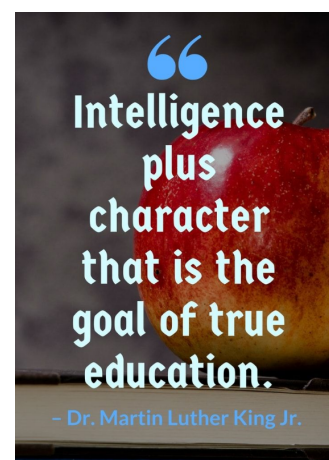
**Progress Report Period 3**

Progress Report MP3:

1/29/21 - 3/02/21

**Distribution: 03/10/2021**

**QUOTE OF THE MONTH**



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- **SENIORS!** You must request your **transcript** at least 10 school days prior to your Application Deadline. \* Common Deadlines: Nov. 1st & 15th, Dec. 1st & 15th, Jan. 1st & 15th. Parent Consent Form **must** be completed first.
  - o [Parent Transcript Consent Form](#)
  - o [Student Transcript Request Form](#)

- **SENIORS & JUNIORS!** Your counselors often make suggestions for colleges/schools for you to consider that match your interests. Be sure to frequently check your Naviance "Schools I am Interested in" for updates. Continue to update it by adding schools you like too!
- **SENIORS, JUNIORS & SOPHOMORES-** if you have any interest in pursuing college athletics you must register with the NCAA and create an account.  
Here is the link: [NCAA Eligibility Center](#)
- **FRESHMAN-** Stay connected! Join the class of 2024 Classroom! Upcoming webinars will be posted soon..
- **Join your College and Career Google Classroom.**
  - Class of 2021 – class code u3ycrf2
  - Class of 2022 – class code fwzm5x2
  - Class of 2023 - class code ia3aqne
  - Class of 2024 – class code ydbc3eh

## **SUMMER IMMERSION PROGRAM - Girls**

### **Who Code (Free Virtual Program)**

Apply by Mid-March (final deadline):

[www.girlswhocode.com/sipapply](http://www.girlswhocode.com/sipapply)

[SIP Flyer](#) - for more information

## **March Dates**

### **March 1**

BACK TO SCHOOL DAY

THS Hybrid/Cohort A&B

### **March 3**

Freshman Presentation via PE

### **March 2, 9, 16, 23 & 30 - 10:25am - 12:30pm**

MARCH MADNESS "College & Career Exploration"

Panelists -- 7th Period (Every Tuesday)

Juniors & Seniors with study hall--Signup Sheet:

<https://forms.gle/eQMA8wmb4nvS23BZ8>

### **March 3 - 11am - 4pm**

School Portraits -- 9th, 10th & 11th Grades

Small Gym

### **March 3 - 7:00pm**

FDU's Latino Promise - Virtual Visit

Registration link: [Latino Promise Program®](#)

### **March 4 - 6:00-8:00pm**

Bergen Community College (THE FORUM)

"College Prospective Night" - Virtual

Registration Link: **Deadline March 3rd at Noon**

<https://docs.google.com/forms/d/1D5x5Y3f1Sy32o6ibhltFOPi967jlmr471cmej2vbKZ8/edit>

### **March 6 - 10:00am**

Felician University Virtual Meeting

[Virtual Information Session](#)

### **March 8 - 7:00pm**

PTSO with THE FORUM

"Borrowing Basics" -Virtual

<https://meet.google.com/yoa-dnnz-tsb>

Or by calling: 1-786-540-3506 PIN: 389120666#

### **March 10**

MP3 - Progress Report Distribution

Available On Skyward

### **March 11**

Teaneck Women's Leadership Initiative

Girl Boss'd Up - "Women Making History"

Zoom Registration Link:

<https://bit.ly/GirlBossdup>

### **March 17 - 1:30pm**

Bloomfield College - Instant Decision Day (Virtual)

Scholarships for Incoming Freshman

[Bloomfield College Info Session\\_2021\\_UPDATED.pdf](#)

Information Session: Click HERE

<https://zoom.us/j/92959777745> for Zoom Webinar

Instant Decision Day: Students must register by

Monday, March 15, 2021. Click HERE to register

<https://docs.google.com/forms/d/e/1FAIpQLSf3W6kVUJg9U3MUlHeRYiUx7IBCFS7KLZzly2yWMVzp8h7hFw/viewform?gxids=7628>

### **March 17 - 4:00pm**

THE FORUM with Lakeland Bank

"Budgeting for Teens" -Virtual

[https://docs.google.com/forms/d/1RuwGmqXcWF\\_EsOtADgKqhZo35Bzh9Z4WMt7vPTRHMOQ/edit](https://docs.google.com/forms/d/1RuwGmqXcWF_EsOtADgKqhZo35Bzh9Z4WMt7vPTRHMOQ/edit)

**March 18 - 6:00-7:00pm**

Mental Health Initiative/Parent Night Webinar  
"Managing COVID Fatigue within the Family"  
[Mental Health Initiative Webinar Series](#)

**March 22**

4 Hour Session for Students/Staff

**March 22-April 11**

Northeast College Fair

Register today: [www.NEcollegeFair.com](http://www.NEcollegeFair.com)

**March 25 - 10:00 am (Fourth Thursdays)**

New Jersey Hope and Healing Forum - Crisis  
Counseling Program - Zoom Program  
To register visit: <https://bit.ly/35B7Jxi>

**March 27**

Passover Begins at Sundown

**VIRTUAL SUPPORT - Find the right support you need**

**Mondays at 6pm**

**Smile, Breathe, and Go: Stress Management for Kids**  
[Zoom Link](#)  
1 (929) 205-6099  
Meeting ID: 837 998 7908 Passcode: 340982

**Tuesdays at 7pm**

**From Stuck to Soaring: Stress Management for Teens**  
[Zoom Link](#)  
1 (929) 205-6099  
Meeting ID: 837 998 7908 Passcode: 008654

**Wednesdays at 4:30pm**

**Bored in the House: Youth Hangout (Ages 14-18)**  
[Zoom Link](#)  
1 (929) 205-6099  
Meeting ID: 947 3214 9652 Passcode: 726468

**Wednesdays at 8pm**

**Supporting Families: Group for Parents and Caregivers**  
[Zoom Link](#)  
1 (929) 205-6099  
Meeting ID: 963 9055 3396 Passcode: 522856

**IFPR HOPE and HEALING**

**7 Days a Week, 8am to 8pm**

RWJBarnabas Health Institute for Prevention and Recovery's 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 virtual 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. To contact a representative, see below.

**Call, click or email:**

**833-795- HOPE (833-795-4673)**  
[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)  
[hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org)

**Please Review Resource Flyers for Cancer Screenings, Technology, Meditation and more**

**Bergen Family Center March Information**

[03.2021 LIKE.JPG](#)

[03.2021 LIKE ES.PDF](#)

[Meditation Workshop.pdf](#)

**MARCH IS COLORECTAL CANCER AWARENESS**

[MONTH NON ceed cleints.pdf](#)

[March 2021.pdf](#)

**General FREE CANCER SCREENINGS 2.17.21.pdf**

**Breast Cervical Colorectal English and Korean 2.17.21.pdf**

**FOR THE SPORTS FANS -- NCAA TIME!**

MARCH 18, 2021



[Watch March Madness Live](#)

My Picks, Scores, Official Bracket  
[NCAA bracket for March Madness](#)

## WOMEN'S HISTORY MONTH 2021 THEME

### "Valiant Women of the Vote: Refusing to Be Silenced."

Here's a little history on the women who's contributions often went unnoticed. The idea is to celebrate women's suffrage centennial despite the challenges they have faced.

Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history.

*Did You Know? Women's History Month started as Women's History Week*

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance) — successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

NWHA's "Women Win the Vote"

Celebrating the 100th Anniversary of the Women's Suffrage Movement that Won Voting Rights for American Women through the 19th Amendment



Suffragists gathered to sell pennants and merchandise in Long Beach, New York, in 1912.



Suffrage Parade in NYC, in 1912

"Our History Is Our Strength!"

[Rosa Parks](#)

Parks helped initiate the civil rights movement in the United States when she refused to give up her seat to a white man on a Montgomery, Alabama, bus in 1955.

[Shirley Chisholm](#)

In 1972, Chisholm became the first African-American from a major political party to run for president and the first Democratic woman of any race to do so.

[Jane Roe](#)

In the landmark 1973 7-2 Roe v. Wade decision, the U.S. Supreme Court declared that the Constitution protects a woman's legal right to an abortion.

[Sandra Day O'Connor](#)

In 1981, O'Connor was sworn in by President Ronald Reagan as the first woman to serve on the U.S. Supreme Court.

[Ruth Bader Ginsburg](#)

In 1993, Ginsburg was named to the U.S. Supreme Court in 1993 by President Bill Clinton.

[Hillary Clinton](#)

In 2016, Clinton became the first woman to receive a presidential nomination from a major political party.

[Kamala Harris](#)

In 2021, Harris was sworn in as the first woman and first woman of color vice president of the United States.



## THS School Counseling Department



### Follow us on Social Media

Facebook & Instagram  
 @Teaneck School Counseling  
 Subscribe to the THS Counselors  
[YouTube Channel](#)

[Past Presentations](#) are posted!  
 Class 2024 Freshman Parent Night  
 Class of 2021 Senior Meeting  
 Class of 2021 Senior Parent Meeting  
 2021 Financial Aid Presentation



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**Please check Skyward for you School Counselor**  
**Links to their appointment calendars are in**  
**College & Career Google Classroom.**