

THS Connections



May, 2021

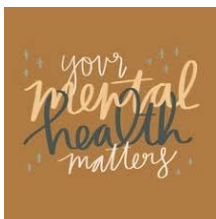
MENTAL HEALTH AWARENESS MONTH

FROM THE DIRECTOR

THS Family, it's **MENTAL HEALTH AWARENESS MONTH!** Mental health is extremely important to all of us. Take time to LOVE yourself and give yourself permission to put your mental health first. When your mind feels good, you feel good and that will propel you to thrive. Don't be afraid to schedule a mental health screening. Just like we're taking tests for COVID-19 on a regular basis to ensure our physical health is okay. The same should apply to our mental health.

With all the change we've been through this past year, let's stay connected with one another and our community--You're Not Alone. Talk to a professional about how you're feeling, join a virtual seminar, listen to your body, support one another, ask for help, shake the need to be alone, take a walk and connect with nature, ride a bike outside and laugh/have fun with friends. #teaneckstrong

There are RESOURCES for help! See our **MENTAL HEALTH AWARENESS programs** and help listed throughout the newsletter. Join us on **May 20th at 6pm** for our **Mental Health Initiative/Parent Night Webinar**. Keep in mind that your School Counseling Team is always here to support you. Reach out!



COUNSELOR CORNER ~ MEET Ms. YRIS ACEVEDO

My name is Yris Acevedo, also known as Ms. A. I have been fortunate to work in the Teaneck Board Education as a FORUM Counselor for the past 11 years. In addition to being a FORUM counselor, I am also the advisor for Studio 2B - a non-traditional Girl Scout Troop and CONNECTIONS - a student group that is focused on helping students new to Teaneck transition smoothly into the community. These programs have helped me establish strong connections with students at different stages of their academic and personal growth.

Working in the FORUM, allows us to interact with students on so many different levels, which I love. It is so rewarding to see how our students grow academically and emotionally. There are so many challenges that all students face each day, especially over the last year. It has been a privilege to meet with and empower so many students during my time at THS. And I can't wait to be in person and be able to meet all those who I have only met virtually.

COUNSELOR CORNER ~ MEET Ms. GIANNIL HIDALGO

Hello Teaneck High School Family! My name is Giannil Hidalgo. My journey to THS began when I moved to Teaneck and began 6th grade at Benjamin Franklin Middle School, then "The Castle on the Hill." Like many students, I wanted to get out of the house. I joined softball, flag twirling, S.O.L.A. and made it to the National Honor Society. After graduating, attending college and graduate school, I

began my career working in a dialysis clinic. Although it was an important role, my heart wasn't in it.

Miraculously, an opportunity came to work back in my hometown with students. It brought me to a tight knit department called the FORUM.

Working at the FORUM gives me a sense of fulfillment giving back to my community. I get to know students on a personal level and become a part of their growth. In addition, I co-advise Studio 2-B, an empowering club for young women. With being here over 7 years, I can truly say I love what I do. I get to make a meaningful difference in student's lives, and I am inspired by my colleagues daily.

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

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)

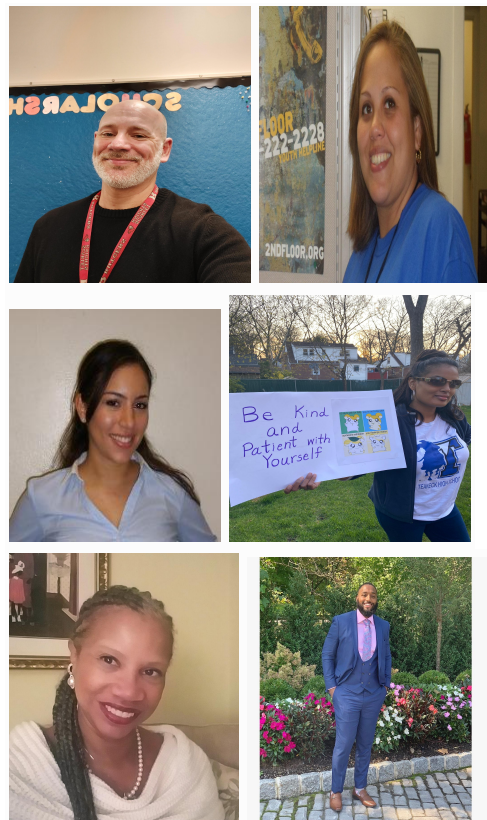
2ND FLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play

**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"



FORUM Staff



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THS SCHOLARSHIP CORNER

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

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

SCHOLARSHIP OPPORTUNITIES

-Accenture Native American Scholarship Fund - May 22, 2021 Link to apply:

[Accenture Native American Scholarship Fund](#)

-PB&J Scholarship - May 31, 2021 Link to apply:

[Due 5/31/21-PB&J Scholarship](#)

-Abbott and Fenner Scholarship Program - June 1, 2021 Link to apply:

[6/12/21-Abbott & Fenner Scholarship Program](#)

-200 Club Affiliation Scholarship - June 9, 2021 Link to apply: [Due 6/9/21 - 2021 200 Club of Bergen County Scholarship Program](#)

-200 Club Member Scholarship - June 9, 2021 Link to apply: [Due 6/9/21 - 2021 200 Club of Bergen County Scholarship Program](#)

-Autism Can Do Scholarship - June 15, 2021 Link to apply:

[6/15/21- Autism Can Do Scholarship](#)

Tips on how to write scholarship essays!!

Your Scholarship Essay
DO'S AND DON'TS

DO	DON'T
<ul style="list-style-type: none">Follow the instructionsDiscuss 1 central point in each paragraphResearch your audienceFocus on strengthsTurn weaknesses into success storiesUse detailed, actual examples from your real lifePROOFREAD, PROOFREAD, PROOFREADTell a story	<ul style="list-style-type: none">Open your essay with a quoteUse sentences like: "In this essay I will"Use words that are new to youAchievement-stuff your essayDon't repeat your resumeSay that you need money outrightHave the EXACT same essay for every application -- tailor your essays



SENIORS! -- Update your account in Naviance

- Colleges applied and accepted - by May 7th
- College Attending - by June 11th

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!**

Important Dates

Marking Period 4

Progress Report End Date:

4/1/21 - 5/10/21

Progress Report Distribution:

May 19, 2021 (in Skyward)

QUOTE OF THE MONTH

YOU ARE
STRONG.
YOU ARE
COURAGEOUS.
YOU ARE
MORE
THAN
ENOUGH.

@normally.usable

YOUR
FEELINGS
ARE
VALID



- **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



May Dates

May 5-9

Teacher's Appreciation Week!!

Thank you for ALL that you do!!



May 19

MP4 Progress Report Distribution

May 20 - 6:00-7:00pm

Mental Health Initiative/Parent Night Webinar

Mindfulness and Stress Reduction Management

Link to Join Webinar:

<https://zoom.us/j/97259408514>

[Mental Health Initiative Webinar Series](#)

May 28

Students & Staff - 4 hour session

May 31

Memorial Day - District Closed

COLLEGE & CAREER ENRICHMENT PROGRAMS

-Mercy College Summer Business Leadership Academy

Deadline: ASAP -- Seniors with a minimum of 3.5 GPA

Link to apply:

<https://www.mercy.edu/academics/school-business/business-leadership-academy>

-William Paterson University - Hosting EOF (Educational Opportunity Fund Program) Virtual Information Session

-- Thursday, May 20, 2021 - 3:30-4:30pm

Zoom Meeting Link:

<https://wpunj.zoom.us/j/96761514717>

- EOF Admissions process & requirements information
- EOF Summer Academic Institute Snapshot
- EOF Support Services & Program details
- Q&A
- No RSVP necessary

EOF Info Session 5.20.jpg

-Fordham Pre-College Program for High School Students

Deadline: June 11, 2021 - Seniors with a minimum of 3.0 GPA

Link to apply:

https://www.fordham.edu/info/20187/pre-college_program

SUMMER PROGRAMS

Bergen Community College - NJ STARS Info Webinar

RSVP, students should visit www.bergen.edu/njstars,

click on the Events tab or go directly to the NJ STARS

[Events](#) webpage, and then scroll down and complete and

submit the **NJ STARS Event RSVP form** at the bottom of

the webpage. Respondents will receive an email prior to

the webinar containing instructions and a link to join the

webinar.

Registration for Fall begins Thursday, April 15

Fall schedule available via Self-Service: Wednesday, April 7.

Register for one of our Live Virtual Information Sessions.

RSVP at bergen.edu/infosessions.

Rolling admissions with flexible start options available.

View terms and start dates at bergen.edu/regcal

- Explore program options
- Find out about financial aid eligibility at bergen.edu/fa
- Partnerships with Fairleigh Dickinson University, Felician University, Montclair State University, Ramapo College, Rutgers University, Saint Peter's University, William Paterson University and more than 40 four-year institution partnerships in total
- In-county Tuition Rate at under \$205 per credit (*2020-2021 academic year)
- Learn about available payment plans available at mycollegepaymentplan.com
- Explore a great deal more at bergen.edu/onestop

New York Institute of Technology - Business Bootcamp -- April 7 - June 16 (every Weds evenings)

May 19: The Professional's Guide to Managing the Ever-Colliding Business and Personal Worlds

June 2: Resolving Conflict in a Culturally Diverse Business Environment

June 16: Personal Marketing Plan Using Social Media and Digital Tools

Register Now:

https://www.nyit.edu/management/business_bootcamp

AI Summer Camp Scholarship - June 14-Aug 13, 2021
Application deadline by April 18 (Artificial Intelligence full scholarship-\$2,000)

3 weeks program in the summer.
10 am to 3 pm, Weekday.

Three batch choices:
June 14th, 2021 to July 2nd, 2021
July 5th, 2021 to July 23rd, 2021
July 26th, 2021 to August 13th, 2021

[AI Camp Summer Scholarship](#)

- Learn AI in small classes in small batches - 6 students per instructor.
- Build an impressive AI product for your college admission portfolio in the summer.
- Speak with at least 3 guest speakers from top AI companies such as Google and Facebook.
- Experience various tech roles and learn how to make informed career decisions.
- 3 weeks long program. A typical day starts at 10 am and finishes at 3 pm.
- No coding experience is needed.
- A virtual computer that allows students to program their products.
- Access to our learning center with all AI learning materials.

Saint Francis University - STEAM Summer Academies -- June 20 - 25, 2021

-Chemistry Exploration Academy

-Environmental Engineering Design Academy

-Pre-Med Academy

-Psychology and Neuroscience Academy

COST\$ 500

Apply Online by April 2021 (beginning of the month)

<https://www.francis.edu/stem-summer-academies/>

DeSales University Virtual Summer Video Program -- June 21-June 25, 2021

- For Ages 13 and Up

- No application fee or deposit req

- Application deadline: June 18, 2021

- COST: \$355

Link to apply:

<https://www.desales.edu/news-events/youth-program/s/summer-video-institute>

-Bergen Community College (BCC) - EOF Summer Grant & Pre-Freshman Summer Program -- June 28 - August 5, 2021 -- Mondays-Thursdays/9:00am-4:00pm
State Funded -- Apply Online: EOF Application Process

Paper Application Form:

[EOF APPLICATION BOOKLET 2021-2022.pdf](#)

[EOF Program Flyer.pdf](#)

EOF Pre-Freshman Summer Program provides (Math & English)

- Supplies, tutoring, workshops, lunch and a trip
- Personal help with financial aid & registration
- An opportunity to test out of remedial courses
- Preferential admission for summer program participants

[EOF Pre-Freshman Summer Program.pdf](#)

Fairleigh Dickinson University (FDU) Online Summer PreCollege Program - July 5-15 and July 19-29

- Pre-Medical Sciences
- Psychology
- Advanced Coding
- Data Science

Earn 3 college credits for each course. For more info:

[Online Summer PreCollege Program](#)

Register for the program at:

fdu.edu/precollege

[Adelphi University - Summer Pre-College Program: July 11 - August 5, 2021](#)

[Sunday, July 11-Saturday, July 24, 2021- Garden City and Manhattan](#)

- Acting and Musical Theater
- Art and Technology
- Business and Entrepreneurship
- Computer Programming and VR
- Digital Video and Drone Technology
- Gender and Sexuality Studies (noncredit)
- Human Rights and Social Movements
- Introduction to Nursing
- New York City Arts Exploration (noncredit)

- Professional Sport as a Business and Career (noncredit)
- Psychology and Pop Culture
- Science, Medicine and Health (noncredit)
- Teaching and Teacher Education
- Social Justice Work Through a Trauma Framework

[Monday, August 2-Thursday, August 5, 2021 - Virtual Certificate Programs \(noncredit\)](#)

- Broadway From Home
- Data Visualization and Art
- Digital Production Masterclass
- Gender and the World
- Global Entrepreneurship
- How Social Environments Make Us Sick
- Human Rights Under Threat
- Introduction to Disease Processes
- Nursing: Hospital to Home
- Photography and Truth-Telling
- Psychology of Social Media
- The Future of Space
- Unwanted Timeout in Sports

[APPLY TODAY 1.800.ADELPHI](#)

<https://www.adelphi.edu/high-school-students/summer-pre-college-program/>

[IUP/Cook Honors College - Summer Honors Program -- July 12 - July 16](#)

Timeline:
May 1 - Applications due (no fee)
May 15 - Notification of admission and course
June 15 - \$120 program fee due
July 12 - The Experience begins

Courses:
<https://www.iup.edu/admissions/honors/summer/courses/>

Link to apply:
<https://www.iup.edu/admissions/honors/summer/>

Please note, Teaneck Public Schools is not responsible for costs associated with the programs **listed above**. **School Counseling Department sharing information to the community.**

The W.E.B. Du Bois Scholars Institute is now accepting applications for the 2021 Online Summer Program! Below is more information on the program.

In light of COVID-19, the W.E.B. Du Bois Scholars Institute's Online Summer Program will occur instead of the traditional Summer Institute at Princeton University. During the 2021 Online Summer Program, students will experience an academic and leadership development program by receiving rigorous instruction in college level courses.

Program Overview:

The online program is for current 7th-11th graders (rising 8th - rising 12th graders).

Students can choose from 17 different online courses (based on their grade):

Link to the [Course](#) titles and descriptions

Course Dates:

Each course occurs over 7 days (excluding weekends) for 90 minutes daily.

Session 1: June 28th - July 6th (5 courses available)

Session 2: July 7th - July 15th (6 courses available)

Session 3: July 16th - July 26th (6 courses available)

+ Each course can be applied for individually.

+ Students can apply for more than one course. Finalists will be assigned to a course before additional courses are granted.

Requirements:

Overall GPA of 3.0; B

[Application](#)

2 Letters of Recommendation

Transcript

300 Word Essay

Prompt: What is your interest in the program? Describe your education and career goals, community service activities and/or leadership roles you have performed.

(Essay is required for current 9th, 10th & 11th graders only)

Virtual Interview is Required for Semi-Finalists.

Submission Deadline: April 12, 2021

Rolling admissions thereafter will be based on available space.

Cost: The tuition fee is \$300 per course.

Traditional Summer Institute Promotional Video: [Video](#)

**** Limited financial assistance is available. Please notify your school counselor.

[W.E.B. DuBois Online Summer Program Flyer2021](#)
[W.E.B DuBois Program Information](#)
[W.E.B DuBois Course Offerings](#)

MENTAL HEALTH AWARENESS
VIRTUAL SUPPORT - Find the right support you need

Children and Families:

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 7:30pm

Supporting Families: Group for Parents and Caregivers

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 963 9055 3396 Passcode: 522856

Seniors:

Tuesdays at 3pm

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 974 2675 9376 Passcode: 275889

Wednesdays at 10am

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 925 0841 7386 Passcode: 871829

Thursdays at 10am

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 936 2962 5609 Passcode: 202710

Fridays at 3pm

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 957 0977 9459 Passcode: 542469

UPCOMING VIRTUAL EVENTS

** ** ** ** ** **

Self-care isn't selfish: Stress management for adults every Monday

May 10, 7pm | [Click to Register-May 10](#)

Gratitude and Journaling

May 24, 7pm | [Click to Register-May 24](#)

Mindfulness for Better Sleep

[Click here to download flyer](#)

IFPR HOPE and HEALING

7 Days a Week -- 8am - 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 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)

rwjbh.org/hopeandhealing

hopeandhealing@rwjbh.org



Contrary to popular belief, **Cinco de Mayo** is not actually Mexico's independence day, which falls on September 16. Instead, **Cinco de Mayo** commemorates a **historical** event known as the Battle of Puebla, fought between Mexico and France on May 5, 1862. "Mexico owed France, along with Spain and England, a lot of money.

THS School Counseling Department



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

Follow us on Social Media

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

