

THS Connections



February 2022 Black History, Love & Presidents

FROM THE DIRECTOR

THS Family, Welcome to the month of History and Love! Let's show **LOVE** with kindness and positive words/actions towards one another. Think about using words of affirmation (love, appreciation and respect for another person). **Support is everything!** What's your **LOVE** language? *Acts of Service; Words of Affirmation; Quality Time; Physical Touch and/or Receiving Gifts.* Check out the 5 Love Language chart on the last page for more information.

Hey Seniors! Scholarship Season is Going Strong! Be sure to check the "[*Scholarships Tab*](#)" regularly. Whatever the plans, please know that the school counseling department is here to support you. Continue to reach out often. Let's continue to 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

February 7-11th

National School Counseling Week

February 7th

MP2 Report Cards Distribution

(Available on Skyward)

Friday, February 11th

SAT Registration Deadline

(March 12, 2022 Test Date)

Monday, February 14th

VALENTINE'S DAY ❤️

Monday, February 21st

District Closed-Presidents' Day

Friday, February 25th

ACT Registration Deadline

(April 2, 2022 Test Date)

Month of February (Math/English)

Accuplacer Testing (SENIORS)

Important Links:

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

[THS Counseling Website](#)

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

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 -

KPMG Women's Leadership Scholarship - 2/1/22

[KPMG Women's Leadership Summit](#)

The ELKS Legacy Award - 2/7/22

[ELKS - LEGACY AWARD - DUE 2/7/22](#)

McDonald's HACER National Scholarship - 2/7/22

[Apply now to the McDonald's® HACER® National Scholarship!](#)

NJPF-Bernard Kilgore Memorial Scholarship - 2/7/22

[NJPF-Bernard Kilgore Memorial Scholarship](#)

NJPF-Bob Stevens Memorial Scholarship - 2/7/22

[NJPF-Bob Stevens Memorial Scholarship](#)

Hispanic Scholarship Fund 2022 - 2/15/22

[2022-2023 HSF Scholar Application](#)

The American Legion, Department of NJ, Scholarship & John Casey Scholarship - 2/18/22

[The American Legion, Dept of New Jersey Scholarship](#)

Teaneck Community Scholarship Fund - Open To ALL SENIORS! - 2/28/22

[Teaneck Community Scholarship Fund](#)

Children of Warriors National Presidents' Scholarship - 3/1/22

[Children of Warriors National Presidents Scholarship](#)

NJ MLK Commemorative Commission 2022 'The Fierce Urgency of Now' Scholarship Essay Contest - 3/18/22

[NJ MLK-Essay-Contest-2022](#)

COLLEGE/UNIVERSITY APPLICATION WAIVER FEE CODES:

Curry College - [APP Code CFW](#)

Kean University - [Go2Kean22i](#)

Lincoln University - **FREE App & FAFSA**
NJIT - **APP Code NJ22; Financial Aid FAFSA Code 002621**
application checklist
Seton Hall University - **APP Code XFW**

UPCOMING COLLEGES/UNIVERSITIES EVENTS

The THS Counseling Department hosted a **Virtual Instant Decision Day on January 27, 2022** with **20** colleges and universities. More college events are forthcoming this Winter/Spring season. Stay tuned for more information!

NACAC Virtual & In-Person College Fairs

January 30 - April 26, 2022

Students can register for free, additional information and times at www.nacacattend.org/fairs

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

Remember the staff at the Teaneck High School FORUM is here to listen to parent and student's concerns. If you would like to speak to someone at the FORUM please call: (201) 833-5136 or email: Nick Campestre at ncampestre@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"

For Opportunities, please see Ms. Witter in the FORUM
Come down to room 127 or email ywitter@teaneckschools.org

MENTAL HEALTH



Englewood Health & Bergen Family Center presents....

YOU DON'T KNOW ME, UNTIL YOU KNOW ME

Join us for a special LIVE performance by

Dr. Mykee Fowlin event

Feb. 8th from 7-8:15pm on zoom

Direct link to register;

<https://www.engagewoodhealth.org/event-link/you-dont-know-me-until-you-know-me>

MEET THE TEAM

THS Counseling Department

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Photo Credit: THS Student Ehsun Khan

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

The F.O.R.U.M.



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[Links to 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!



IN HONOR OF LOVE, BLACK HISTORY AND PRESIDENTS' DAY





Some Presidential Quotes

"Life doesn't count for much unless you're willing to do your small part to leave our children—all of our children—a better world. Even if it's difficult. Even if the work seems great. Even if we don't get very far in our lifetime."

President Barack Obama

"Live simply, love generously, care deeply, speak kindly, leave the rest to God."

President Ronald Reagan

"Every accomplishment starts with the decision to try."

President John F. Kennedy

"The best way to predict the future is to create it."

President Abraham Lincoln

5 Love Languages for Children and Teens

Physical Touch

- Give a hug
- Plant a kiss on each cheek
- High five or fist bump
- Be each other's dance partner
- Link arms when walking

Physical touches are no less important during the teen years than they were in the early years.

Words of Affirmation

- Say "I love you"
- Write a list of 3 things you find awesome about them
- Say "I'm proud of you"
- Send an encouraging note in their lunch
- Send them a morning text to start their day

Using words to encourage and affirm are at the heart of this language.

Quality Time

- Watch a movie together
- Go to a concert
- Take a walk together
- Play a board game or do a puzzle together
- Have a special one on one meal together.

This love language involves giving your teen or child undivided and focused attention.

Giving and Receiving Gifts

- Share dessert together
- Donate toys/clothes together
- Pick flowers from outside and then give to each other.
- Send them on a treasure hunt
- Bring home their favorite treat

With this language, the gifts don't have to be expensive or store bought, they can be found or homemade.

Acts of Service

This love language must be done with a positive and caring attitude..



- Help them with their homework
- "Ask them "What can I do for you?"
- Volunteer together at a local charity
- Teach them something new



