

THS Connections



March 2022 Women's History & March Madness

FROM THE DIRECTOR

THS Family, Welcome to **Women's History Month & March Madness!** For the third 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. On the following days (**March 23-24 and March 30-31**), we have invited dynamic career professionals for an **In-Person Visit** to meet and share about their career fields with our students. Students and teachers have the opportunity to attend by signing up via google registration form. More information is forthcoming.

The panelists are from a variety of industries: STEM; Communication; Business; Medical; including Historically Black Colleges and University (HBCU) graduates.

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

Hey Seniors! Scholarship Season is still 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. Remember to update Naviance with your college acceptances. Click [HERE](#) to check out the current list of college acceptances. 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

Thursday, March 3rd

1:30-4:00pm & 6:30-9:00pm

Virtual Parent/Teacher Conference

Students-Half Day (4 Hr Session)

Thursday, March 10th

MP3 Progress Report Distribution

(Available on Skyward)

Thursday, March 10th

3:00-4:30pm

The FORUM presents...Real Estate Career Fair

Friday, March 11

SEL Day

Saturday, March 12th

SAT Test Date

Wednesday, March 16th

Bergen County Directors of Guidance College Fair

Click [Here](#) for flyer

Monday, March 21st
Half Day - 4 Hr Session (12:30pm Dismissal)

Wednesday, March 23rd & Thursday, March 24th
MARCH MADNESS (In Person Career Exploration Panel)

Teachers & Students—registration via google form (coming soon)

Thursday, March 24th - 7:00-8:30pm

PARENT WORKSHOP (Virtual)

Flyer & Meeting Link Here:

[Spring Parent Workshop](#)

Wednesday, March 30 & Thursday, March 31
MARCH MADNESS (In Person Career Exploration Panel)

Teachers & Students—registration via google form (coming soon)

Saturday, April 2th

ACT Test Date

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

Thurgood Marshall College Fund Scholarship - 2/28/22 (NEW Entry)

[Thurgood Marshall College Fund - Due 2/28/22](#)

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

[Children of Warriors National Presidents Scholarship](#)

Junior League of Bergen County - 3/4/22

[JLBC 2022 Scholarship](#)

Tzu Chi Scholars 2022 - 3/5/22

[Tzu Chi Scholarship 2022](#)

The Bergen County American Legion Dept of NJ Gene Howell/Don Holmes Scholarship - 3/14/22

[The Bergen County American Legion Dept of NJ Gene Howell/Don Holmes Scholarship](#)

The Karen L. Wall Memorial Scholarship - Swing Phi Swing Social Fellowship, Inc. - 3/14/22

[Imani Kuumba Foundation, Inc. - Karen L. Wall Memorial Scholarship.pdf](#)

Blacks at Microsoft (BAM) Scholarship - 3/15/22

[Blacks at Microsoft Scholarships](#)

Gamma Alpha Pi Zeta Scholarship - 3/15/22

[Gamma Alpha Pi Zeta Scholarship](#)

2022 Helen Hannan McGoldrick Memorial Scholarship - 3/15/22

[Helen Hannan McGoldrick Scholarship Application 2022.docx](#)

The Horatio Alger Association of Distinguished Americans, Inc. - 3/15/22

[About Our Scholarship Programs – Horatio Alger Association Students](#)

Alpha Kappa Alpha, Inc., Iota Epsilon Omega & ICSDP Scholarships - 3/18/22

[IEO Scholarship | akaieo](#)

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

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

BP Community Scholarship Program - 3/25/22

[BP Community Scholarship Program](#)

Delta Sigma Theta Sorority, Inc., Bergen County Alumnae Chapter Scholarship - 3/31/22

[Delta Sigma Theta Sorority -Pearl Sch app.2022](#)

The Utzinger Vellekamp Scholarship - 3/31/22

[The Utzinger Vellekamp Scholarship](#)

Alpha Zeta Gamma Society Grant-in-Aid - 4/1/22

[Delta Kappa Gamma Society Grant-in-Aid - Due 4/1/22.pdf](#)

BANNJ- The Donald Van Natta Scholarship & The Alex Sands & Jeffrey C. Mathieu Memorial Scholarship - 4/1/22

[Bannj Scholarship Foundation](#)

Builders Association of Northern NJ-John & Helen Durante & Family Scholarship - 4/1/22

[Scholarship Foundation - Builders Association of Northern New Jersey](#)

Janet Logan Daily Foundation - 4/1/22

[Janet Logan Daily Foundation](#)

Men's College Scholarship - Foundation For Fraternity Excellence - 4/1/22

[Men's College Scholarship-FFFE](#)

The Helping Angels, Inc. Scholarship - 4/1/22

[The Helping Angels, Inc. Scholarship - Due 4/1/22](#)

The Mickey Corcoran Scholarship Fund - 4/1/22

[The Mickey Corcoran Scholarship Fund Application 2022.docx](#)

Bergen County School Counselor Association Annual Scholarship - 4/2/22

[BCSCA-Annual Scholarship](#)

The Jessie Banks Foundation Scholarship - 4/8/22

[The Jessie Banks Foundation Scholarship - Due 4/8/22](#)

National Council of Jewish Women BCS Scholarship Program - 4/8/22

[Scholarships « NCJWBCS](#)

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

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

Bergen County Directors of Guidance College Fair

March 16, 2022, 6:00pm - 9:00pm

Ramapo College

Click [HERE](#) for Flyer with registration information

HBCU 107 Week

February 27 - March 4, 2022

Flyer with schedule and registration information: [HBCU 107 Week](#)

Leslie Jones, the founder of The Hundred-Seven, I work to 'share good news about HBCUs.' This year The Hundred-Seven is expanding its outreach and including a virtual HBCU Week in collaboration with Xi Omega Chapter, Alpha Kappa Alpha Sorority, Inc. from February 27- March 4. (Overview with registration links attached)

The virtual HBCU Week has several components including a live-streamed event each night from 8:30-9:30 EST that will include conversations with HBCU alumni in different professional fields, highlights of HBCUs in different regions as well as specialty programs (community colleges, programs for vets and non-traditional students, programs for students with learning challenges) and scholarship presentations.

During the week there will also be a pop-up Facebook group where families and educators can ask questions and interact with representatives from colleges. Everyone who registers will receive an e-book that highlights the participating HBCUs and will be eligible for one of the scholarships that will be presented during the week.

MARCH MADNESS – CAREER EXPLORATION PANEL

This year's Career Exploration Panels will allow Teaneck High School students to get up close and personal with career professionals from various industries. Each Career Exploration date will feature a different industry field and will allow students the opportunity to be exposed to careers they may, or may not have ever heard about and explore insider information about the profession. Teachers will have the opportunity to bring their class down to participate in the panel discussions of related fields, or fields of interest, and students will also be able to register individually."

Wednesday, March 23, 2022 (4th Period)– STEM PANEL

Thursday, March 24, 2022 (8th Period)– COMMUNICATIONS PANEL

Wednesday, March 30, 2022 (4th Period) – BUSINESS PANEL

Thursday, March 31, 2022 (8th Period) – MEDICAL PANEL

- Video montage/professional presentation will be available
- More information to come....stay tune

STAFF - EVERY FRIDAY! REP YOUR COLLEGE

- Rep your college T-shirt – take a picture and forward to school counseling office

FROM THE FORUM

The FORUM will be hosting a Real Estate Career Fair on **Thursday, March 10** from **3 pm until 4 :30 pm**.

The guest speaker will be Denise Belcher - Owner of X'Ceed Realty. Topics will include:

- What Real Estate Can Mean For Your Future
- Careers in Real Estate
- How To Leverage Real Estate to Fund Your College Tuition
- **To Register, please see Ms. Witter in the FORUM**

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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 employment Opportunities, please see Ms. Witter in the FORUM in room 127 or email ywitter@teaneckschools.org

MENTAL HEALTH



March Fun Friday Registration Is Open Today!

1 hour long class, for Parents & children to bond, while following along a story-time & craft, led by Miss Nicole. Children socialize with their peers via zoom.

Fridays 11am-12pm - For Ages 2 years – 5 years old

If your child is in child care and not able to attend the virtual classes on Friday 11am-12pm, please do not register them

March (2 Classes)

March 4th - Pot of Gold Craft

March 25th - Rainbow Craft

Adventures with the Author & Book Give-a-Way

(1 book per registered family provided)

You're invited to a special read-a-long of The Adventures of Butchie by the author Mary Edmondson.

For children ages 2-10

Limited registration available.

Friday, March 11th, 2022 at 11am

Register for all events at <https://linktr.ee/bfcFamilySuccessCenter>

March 2022 Calendar:

■ **March 2022.pdf**

Health Insurance Special Enrollment Flyer: March 3rd at 5pm

■ **Special Enrollment.pdf**

Bilingual Story Time Flyer: March 8th at 4pm

■ **Bilingual Story Time.pdf**

Adventures with the Author Workshop Flyer: March 11th at 11am

■ **Adventures with the Author Workshop.pdf**

Parenting Workshop Flyer: March 14th at 4pm

■ **Developing Problem Solving.pdf**

Virtual Healthy Kids Nutrition Workshop Flyer: March 18th at 11am

■ **Virtual Healthy Kids Nutrition Workshop.pdf**

MEET THE TEAM

THS Counseling Department

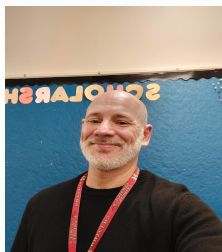
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Support Staff	
Ms. Kim Dockery	kdockery@teaneckschools.org
Ms. Sheila Moore	smoore@teaneckschools.org



Photo Credit: THS Student Ehsun Khan

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

The F.O.R.U.M.



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 @Teaneck School Counseling
 Subscribe to the THS Counselors

[YouTube Channel](#)

[Past Presentations](#) are posted!



QUOTE OF THE MONTH & HONORING WOMEN'S HISTORY

Remember,
popcorn is prepared
in the same pot,
in the same heat,
in the same oil,
but the kernels
do not pop at the same time.

Don't compare your child to
other children, his/her turn
to pop is coming.



*National Women's
History Alliance*

The 2022 National Women's History Theme
"Women Providing Healing, Promoting Hope"

The 2022 Women's History theme, "Providing Healing, Promoting Hope," is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.



POWERFUL WOMEN IN US HISTORY

Kamala Harris

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

Jill Biden

First Lady. Her role continues as an educator. Her areas of interest include working with and advocating for military families, highlighting the importance of community college education, and women's issues ranging from breast cancer prevention and gender equality in the US and abroad.

Susan Rice

Domestic Policy Council Leader and Former National Security Advisor to President Obama.

Kristen Clarke

Nominee for Assistant Attorney General for the civil rights division of the Department of Justice by Joe Biden.

Nancy Pelosi

Speaker of the United States House of Representatives from 2002 to now.

Kathrin Jansen

Head of Vaccine Research and Development at Pfizer from 2020 to now. The race to find the first effective and safe vaccine for coronavirus captured the nation's attention in 2020, and one of the most powerful players in the search for the vaccine was none other than Kathrin Jansen.

Queen Elizabeth II

Monarch of the United Kingdom. She's the longest-reigning monarch in British History. Queen Elizabeth II has held a place of power on the world stage for 70 years (2022 milestone year) and was crowned on June 2, 1953.

Greta Thunberg

Climate Activist—young Swedish activist (18 yrs old) has started a worldwide movement for climate change and is undoubtedly one of the most powerful female forces in the world today.

Melinda Gates

Co-Founder of the William H. Gates Foundation with the goal of placing computers and Microsoft products in libraries across the country. Melinda Gates is a powerhouse in her own right. The charitable foundation seeks to improve education and help solve global poverty and health issues. In 2012, Melinda donated a whopping \$560 million towards efforts to increase access to contraception for women in developing countries.

Oprah Winfrey

Media Executive, Actress, TV Producer and Philanthropist

Oprah Winfrey is best known for her award-winning talk show, "The Oprah Winfrey Show." Winfrey's personable interviewing style continued to attract viewers, as did her two most famous segments, "Oprah's Book Club" and "Oprah's Favorite Things." Oprah was the first Black female billionaire and became a generous philanthropist. Winfrey has

advocated for girls' education across the world and Oprah's Angel Network has raised more than \$50 million for charitable programs.

Susan Wojcicki

CEO of YouTube. Formerly Google's senior vice president in charge of marketing, Susan Wojcicki has served as video-sharing website YouTube's CEO since 2014, the longest-tenured CEO in the history of the website. Wojcicki now leads YouTube, which reportedly has more than one billion monthly users.

Shonda Rhimes

Award-Winning Writer and Producer. She is the creator of "Grey's Anatomy," the longest-running medical drama on television. Premiering in 2005, the show is currently in its 17th season and won Rhimes a Golden Globe for best television series. Rhimes is also the creator of "Scandal," which aired for seven seasons, "How to Get Away With Murder," and the 2021 drama series "Bridgerton." Rhimes is a supporter and co-creator of the Times Up movement, which seeks to promote gender equality at studios and talent agencies and to pressure lawmakers into introducing legislation that would penalize companies that tolerate persistent sexual or gender-based harassment.

Alexandria Ocasio-Cortez

Representative for New York's 14th Congressional District. She's often referred to as AOC. She is the youngest woman to ever be elected to Congress and is an active member of the Democratic Socialists of America and a Bernie Sanders supporter. She is also a proponent and co-author of the "Green New Deal," a congressional resolution that aims to provide a resolution to climate change. During her term as a congresswoman, Ocasio-Cortez has spoken out on hot-button issues like abortion and border control, as well as cybersecurity and climate change.

Amy Ruth Tan

An American-Chinese bestselling author known for the novel *The Joy Luck Club*, which was adapted into a film of the same name in 1993 by director Wayne Wang.

Tan has written several other novels, including *The Kitchen God's Wife*, *The Hundred Secret Senses*, *The Bonesetter's Daughter*, *Saving Fish from Drowning*, and *The Valley of Amazement*. Tan's latest book is a memoir entitled *Where The Past Begins: A Writer's Memoir* (2017). In addition to these, Tan has written two children's books: *The Moon Lady* (1992) and *Sagwa, the Chinese Siamese Cat* (1994), which was turned into an animated series that aired on PBS.

Cecilia Chung

An Asian American Civil Rights Leader and Activist for LGBTQ rights, HIV/Aids awareness and health advocacy. As a transgender activist who has spent decades fighting for the rights and protections for transgender people and people living with HIV/Aids, she has received "Love Letters" to Movement Leader from younger generations of trans activists. Thanking Cecilia for inspiration and the fact that she's tough as nails and a tireless advocate for marginalized communities.

Sonia Maria Sotomayor

An associate justice of the Supreme Court of the United States. She was nominated and appointed by President Barack Obama on May 26, 2009 and has served since August 8, 2009. She is the third woman to hold the position. Sotomayor is the first woman of color, first Hispanic, and first Latina member of the Court.

Sotomayor was born in The Bronx, New York City, to Puerto Rican-born parents. She is known as **the fearless federal trial court judge** who saved Major League Baseball from a ruinous 1995 strike.

Deb Anne Haaland

The 54th US Secretary Of The Interior, Deb Haaland made history when she became the first Native American to serve as a cabinet secretary. She is a member of the Pueblo of Laguna and a 35th generation New Mexican.

Haaland's appointment is significant, not simply because she is the first Native American cabinet member, but also because the Interior Department oversees the Bureau of Indian Affairs and the Bureau of Indian Education. For much of US history, Native Americans viewed the Interior Department as a hostile entity because it worked against the interests of Native Americans. The department oversees public lands, including Native American lands, and it improperly tracked the

income generated by those lands and did not distribute the money properly to Native American tribes. Many hope that Secretary Haaland will be able to improve the department’s relationship with Native Americans.

#SELday

SEL4US and the Urban Assembly invite schools and communities around the globe to celebrate the importance of social emotional learning (SEL) on the third annual International SEL Day on Friday, March 11, 2022. **This year's theme is "Finding Common Ground, Pursuing Common Good."**



Irish- American Heritage Month is recognised in March every year as a way of honoring the achievements and contributions of Irish immigrants and their descendants living in the United States.

The US Congress designated March as Irish American Heritage Month in 1991 with the President of the United States issuing a proclamation each year since 1991.

The month of March was the chosen month so as to coincide with St Patrick's Day, the Roman Catholic Religious Holiday and Irish National Holiday held on March 17th. Each year in March, the Irish Taoiseach visits the United States for Saint Patrick’s Day. A Shamrock Ceremony takes place in the morning at the White House where a crystal bowl containing a shamrock, a traditional symbol of Ireland, is presented to the President in the Oval Office. The luncheon is attended by the President, Vice President, the Taoiseach, the Speaker, and other officials. In the evening, a Saint Patrick’s Day Reception takes place at the White House

Irish-American Heritage Month is a great opportunity to celebrate the nearly 33 million Americans with Irish ancestry and their tremendous contributions to the country.

FOR THE SPORTS FANS -- NCAA TIME!
MARCH 13 - April 4, 2022



[Watch March Madness Live](#)
My Picks, Scores, Official Bracket

[NCAA Game Bracket for March Madness 2022](#)