

THS Connections



January 2022
HAPPY NEW YEAR!
New Beginnings

FROM THE DIRECTOR

THS Family, Welcome to 2022! **It's A New Year and New Beginnings to set goals, make plans, move forward as you reset for the second portion of the academic year.** **Hey Seniors! Scholarship Season is Here!** 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.

Hope your holiday recess gave you an opportunity to reflect, relax and recharge. Get ready for a dynamic 2nd half of the year to soar to great heights. All things are possible with strong, positive efforts. 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

Friday, January 7th

ACT Registration Deadline
(February 12, 2022 Test Date)

Monday, January 17th

District Closed-MLK Jr. Day

Thursday, January 27

Instant Decision Day (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

Ron Brown Scholarship

The Jackie Robinson Foundation Scholarship - 1/12/22

Scholarship Program

The Filene Music Scholarship Competition at Skidmore - 1/15/22

[January 15, 2022 - Skidmore College Common Application deadline \(apply here\)](#)

The Coolidge - A Scholarship For America (Open to Juniors) - 1/19/22

The Coolidge - A Scholarship For America

20-21 The College Club of Northern NJ Education Grant - 1/20/22

[Click Here to download and print the Application](#)

[Click Here to download and print the instructions](#)

New Jersey Council for Exceptional Children - 1/20/22

New Jersey Council for Exceptional Children Scholarship

Joseph Taub Scholar Athlete Awards - 1/24/22

Joseph Taub Scholar Athlete Award

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

KPMG Women's Leadership Summit

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**

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

FALL COLLEGES/UNIVERSITIES REP VISITS RECAP

The THS Counseling Department welcomed several amazing colleges and universities to present to our students. Overall we hosted a total of **27 colleges/universities** and **70 students who attended**. Some of the presentations were In-Person Visits and some were Virtual Visits.

This FALL Season set our students (seniors and juniors) on the right path to the next chapter of their lives. Or should we say, the possibilities gave them a lot to think about.

ENJOY THE RECAP: [School Counseling Rep Visits Recap](#)

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"

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](#)

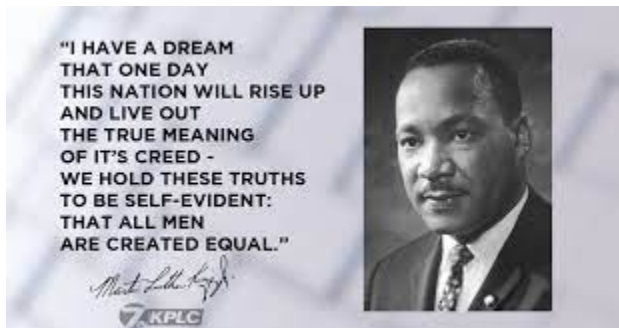
[Past Presentations](#) are posted!





TPS FAMILY! HAPPY AND HEALTHY NEW YEAR 2022

**HONORING DR. MARTIN LUTHER KING, JR. LEGACY
JAN 17, 2022**





THS Counseling Department Rep Visits - Fall 2021 Recap

College/University List

In Person

Bloomfield College
Cedar Crest College
Dominican College (NY)
FDU's Latino Promise
Georgian Court University
Grinnell College
Kean University
Pace University
Savannah College of Art &
Design
Stockton University

Virtual

Bryant University
CUNY Hunter College (NY)
Emmanuel College
High Point University
Iona College (NY)
Johnson & Wales University
Lincoln University
Moravian University
New Jersey Institute of Technology
Ramapo College of New Jersey
Seton Hall University
Stony Brook University (PA)
SUNY College at Oswego
University of Buffalo
University of Maine at Fort Kent
University of Rochester
University of Scranton (PA)

