

THS Connections



January, 2021

FROM THE DIRECTOR

THS Family, welcome to 2021! As we continue with the second portion of the academic year, I want to ask. What are your goals for 2021? Whatever they are, please know that the School Counseling Department is here to support you. Please reach out.

I would like to welcome Ms. Sheila Moore to the department. We will miss Mr. Hollis and wish him well on his retirement.

COUNSELOR CORNER ~ MEET MR. KELVIN REESE

My name is Kelvin Reese, and I am a proud alumnus of Teaneck High School. I have been a member of the Teaneck community since I was 10 years old and I truly believe I couldn't have been raised in a better community. The Teaneck school system has taught me the importance of community, culture, and resilience.

I chose the school counseling profession with every intention of coming back to Teaneck to begin my career. I have been mentored by some of the best administrators and colleagues Teaneck has to offer and my goal is to share all of what I've learned and my experiences with my students. I wholeheartedly believe if you graduate from The Castle on The Hill, you are prepared to tackle any obstacle that the world throws at you. Mr. Allen, my middle school principal always said, "Self-fulfillment shouldn't only come from what you do for yourself, but the impact you have on others". I am fulfilled when my students embark on their journeys and they simply say "Mr. Reese, Thank You for all that you've done for me".

I am looking forward to the day that we are safely back at The Castle on the Hill so we can continue to grow together.

Love,
Mr. Reese

THS School Counseling Department



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From the F.O.R.U.M

Tips for Transitioning into Hybrid-Learning

Transitioning to a new calendar year can be an event filled with emotions for students and parents. With many of our students transitioning into the hybrid-learning model, the meaning of a new beginning has even more significance.

The FORUM is offering the following ideas that will help ease the transition:

1. Listen To Your Children/Students

The best way to help someone who is feeling worried is to listen to their concerns. Do not rush to fix the problem, instead take time to hear them and acknowledge that their feelings are valid.

2. Share Information/Look at Positives

Provide as much information about the transition to hybrid/learning as possible. School will certainly look different when students return to the building, but will also bring many positives, like seeing friends and teachers in person. Parents can talk about experiences they have had managing changes in their lives, emphasizing the strategies that have been successful for you.

3. Be Prepared For The Change in Routine

Spend time reflecting on the new schedule and routines that students will be following. Review the Hybrid/Cohort schedule and reach out to your school if you have any questions. Adjust sleeping and meal schedules to accommodate travel time to school.

Using some or all of the strategies mentioned will help you and your child to manage the transition to hybrid learning. 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

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"

ACE MENTORING PROGRAM AT THE FORUM

For the 11th year The FORUM will be offering the **ACE Mentor Program**. (ACE stands for Architecture, Construction Management and Engineering.)

This year **ACE** will be a virtual afterschool program that gives students who are interested in careers in engineering, architecture and construction an opportunity to meet with design professionals from some of the top architecture, construction and engineering firms in the tri-state area.

Some of the benefits of the program are that students will

1. Have a unique opportunity to be exposed to the many areas that make up engineering, architecture and construction management,
2. Be able to build networks and relationships with industry professionals that can help them to apply for internships and summer employment.

Any senior participating in the program is eligible to apply for a partial scholarship through the **ACE Scholarship Program** as long as they pursue a career in Architecture, Construction Management or Engineering. Since 1995, **ACE** has awarded \$8.2 million in scholarship funds nationally to students to attend colleges including

but not limited to: Columbia, NJIT, Harvard, Princeton, Spelman, Howard, University of Maryland – Eastern Shore, Wentworth Institute of Technology, Syracuse, and Texas A & M.

The first meeting will take place on Tuesday, January 26th. If you are interested in participating in the **ACE Mentor Program**, please contact Miss Witter in the FORUM via email at ywitter@teaneckschools.org or by calling 201-833-5400 Ext. 6283.

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.

Over the break, start exploring the scholarships that are available. 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*

Check out Scholarship Opportunities

January Deadline Dates:

-Courage To Grow - End of January -- Link to apply:
<http://www.couragetogrowscholarship.com>

February Deadline Dates:

- NJ Mosquito Control Association - Feb 5, 2021
<http://www.njmca.org/files/Scholarships/Educational.pdf>
- Hispanic Scholarship Fund Scholar Program - Feb 15, 2021 Link to apply: <https://www.hsf.net/scholarship>
- The Dream.US - February 25, 2021 Link to apply: <https://thedream.us/scholarships/national-scholarship/>
- The Community Scholarship Fund of Teaneck - February 28, 2021 Link to apply: <https://www.comunityscholarshipfund.org/apply>

As Promised: Tips on how to write scholarships 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



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 to register & find a location near you.

ACT Test Dates

February 6, 2021 Test: Deadline

Regular Registration Deadline: 2/08/21

Late Registration Deadline: 1/29/21

Register at ACT.ORG

Important Dates

Grade Reporting Period 2

Report Card MP2 Grading Period:

11/13/20 - 1/28/21

Distribution: 02/05/2021



WE MISSED YOU ON THE HILL! #MASKUP

QUOTE OF THE MONTH

"Intelligence plus character, that is the goal of true education."

- *Martin Luther King, Jr.*
"I have a Dream...."



- **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.
 - [Parent Transcript Consent Form](#)
 - [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

January Dates

January 1

DISTRICT CLOSED - NEW YEAR'S DAY

January 15

MENTAL HEALTH DAY--HALF DAY

January 16-20

FREE SAT PRACTICE TEST-C2educate.com

To Register/email: paramus@C2educate.com

January 18

DISTRICT CLOSED - MLK JR. DAY

January 25, 2021

BACK TO SCHOOL - Phase II THS Hybrid Begins

January 28, 2021

Marking period two ends

February 5, 2021

Report cards will be available in Skyward

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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“One mark of a great educator is the ability to lead students out to new places where even the educator has never been” - Thomas Groome



*new year
new beginnings*