



**January 2019**

## West Orange High school School Counseling News

### **Lunch period**

Lunch time meeting with school counselors  
In the  
School Counseling Office

This opportunity is available to all students to  
receive assistance with any problems,  
questions or concerns



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**January 29, 2019**

**Time: 7:00 pm**

**WOHS – LMC**

### **Junior Parent Night**

Evening meeting for Junior parents and students to review the college application process and what to expect during Junior Conferences.

### **Interpreting PSAT Scores:**

**PSAT Results Workshop for Parents and Students**

# WEST ORANGE HIGH SCHOOL

## SCHOOL COUNSELING DEPARTMENT GUIDE

### Cheryl Butler

**Director of Student Personnel Services / Counseling**

**Ext. 31611**

Our school counselors handle issues such as but not limited to:

- Sign up with Naviance
- Obtain access to the parent portal
- Scheduling
- Post secondary planning
- Individual counseling and advisement  
e.g., Resolve conflicts, specific student concerns  
(grades, peer pressure, academic support etc.)
- Student appraisal—coordinating information that goes into confidential student files and interpreting the information to help qualify students for special programs
- Coordinate meeting with parent, teacher and student to address issues/concerns in class
- Referral—provide referrals to appropriate professionals in the schools and in the outside community

### 51 Conforti Avenue

Main Number: (973) 669-5301

Attendance: ext. 31999

Nurse: ext. 31524

Guidance: ext. 31600

Special Education: ext.31653

Athletics: ext.31567

### SCHOOL COUNSELORS

Aldo Casale	ext. 31606
Anna D'Elia	ext. 31615
Olivia DelSpina	ext. 31617
Margaret Fahey	ext. 31610
Madelin Fernandez-Perez	ext. 31603
Kathryn Furey	ext. 31609
Mary Kehoe	ext. 31602
Guerlyn Millington	ext. 31613
Louis Pallante	ext. 31607
Rachel Rosen	ext. 31601
Rossanna Santos	ext. 31612

### SAC

**(Student Assistance Counselor)**

Amedeo Chirichiello	WOHS ext. 31552
Jaclyn Headlam	WOHS ext. 31557

### Administrative Assistants

Montrisa Bradford	ext. 31605
Michele Carroll	ext. 31608
Angela Gonzalez	ext. 31604
Lisa Wnek	ext. 31614



## Parent Message

### A New Beginning for 2019

Now that the holiday season is over, it is time to return to regular schedules and goals. As difficult as it is for adults, it is even more so for teenagers. That is when parents have a special role. It is time to encourage your sons and daughters to return to their usual routine. One way to do this is to think of January as another new beginning of the school year. Find time to talk to your children about school rules, their social lives (friends, after school activities, etc.) and their physical growth.

Two quotes I would like to share with you. A sixteen year old, in a poem she wrote, "Because now that my body is moving forward and leaving my soul behind, I find myself unable to recognize the teenager in the mirror. That scares the heck out of me."

From a valedictorian's speech, he asks his friends to "remember the love and support they received from their parents."

The folks on their way to adulthood need more than food, clothing and shelter. They need attention, love, understanding and help in all facets of their lives.

Good wishes to you for good health, safety and positive parental relationships in our new year.

Esther M. Bearg, Ed.D.

# Student Assistance Counselor Message

The following is an article from WebMd.com

## **Teen Depression**

Do you ever wonder whether your irritable or unhappy adolescent might actually be experiencing teen depression? Of course, most teens feel unhappy at times. And when you add hormone havoc to the many other changes

happening in a teen's life, it's easy to see why their moods swing like a pendulum. Yet findings show that one out of every eight adolescents has teen depression.

But depression can be treated as well as the serious problems that come with it. So if your teen's unhappiness lasts for more than two weeks and he or she displays other symptoms of depression, it may be time to seek help from a health professional.

## **Why do adolescents get depression?**

There are multiple reasons why a teenager might become depressed.

For example, teens can develop feelings of worthlessness and inadequacy over their grades.

School performance, social status with peers, sexual orientation, or family life can each have a major effect on how a teen feels. Sometimes, teen depression may result from environmental stress. But whatever the cause, when friends or family -- or things that the teen usually enjoys -- don't help to improve his or her sadness or sense of isolation, there's a good chance that he or she has teen depression.

## **What are the symptoms of teen depression?**

Often, kids with teen depression will have a noticeable change in their thinking and behavior. They may have no motivation and even become withdrawn, closing their bedroom door after school and staying in their room for hours.

### **CONFIDENTIALITY:**

Privacy of information shared by students and parents will be protected unless it involves student safety.

## ACT Testing Dates

### ACT EXAMINATION TEST DATES 2018-2019

Test Date	Registration Deadline	(Late Fee Required)
<b>October 27, 2018</b> <b>@ WOHS</b>	September 28th	Oct. 14th
December 8, 2018	November 2nd	November 9th
<b>February 9, 2019</b> <b>@WOHS</b>	January 11th	January 18th
April 13, 2019	March 8th	March 25th
<b>June 8, 2019</b> <b>@WOHS</b>	May 3rd	May 4th-20th
July 13, 2019	June 14th	June 24th



## SAT Testing Dates

### SAT EXAMINATION TEST DATES 2018-2019

Test Date	Registration Deadline	(Late Fee Required)
October 6, 2018	Sept. 7th	Sept. 26th
<b>November 3, 2018</b> <b>@WOHS</b> <b>@WOH</b>	<b>Oct. 5th</b>	<b>Oct. 24th</b>
December 1, 2018	Nov. 2nd	Nov. 20th
<b>March 9, 2019</b> <b>@WOHS</b> <b>@WOH</b>	<b>Feb. 8th</b>	<b>Feb. 27th</b>
May 4, 2019	April 5th	April 24th
<b>June 1, 2019</b> <b>@WOHS</b>	<b>May 3rd</b>	<b>May 22nd</b>



## Testing Dates

### PSAT/National Merit Scholarship Qualifying Test

October 10, 2018 ( Wednesday)  
All 10th & 11th grade students

### PARCC TEST DATES 2017-2018

Grade 9,10,11 ELA  
April 8-9, 2019

Grade 9,10,11 Math  
Alg I, Geometry, Alg II  
April 23-25, 2019

### Advanced Placement Program Examinations

May 6-17, 2019

### NJ Biology Competency Test (NJBCT)

TBA

## *2018-2019 Counseling Department Programs*

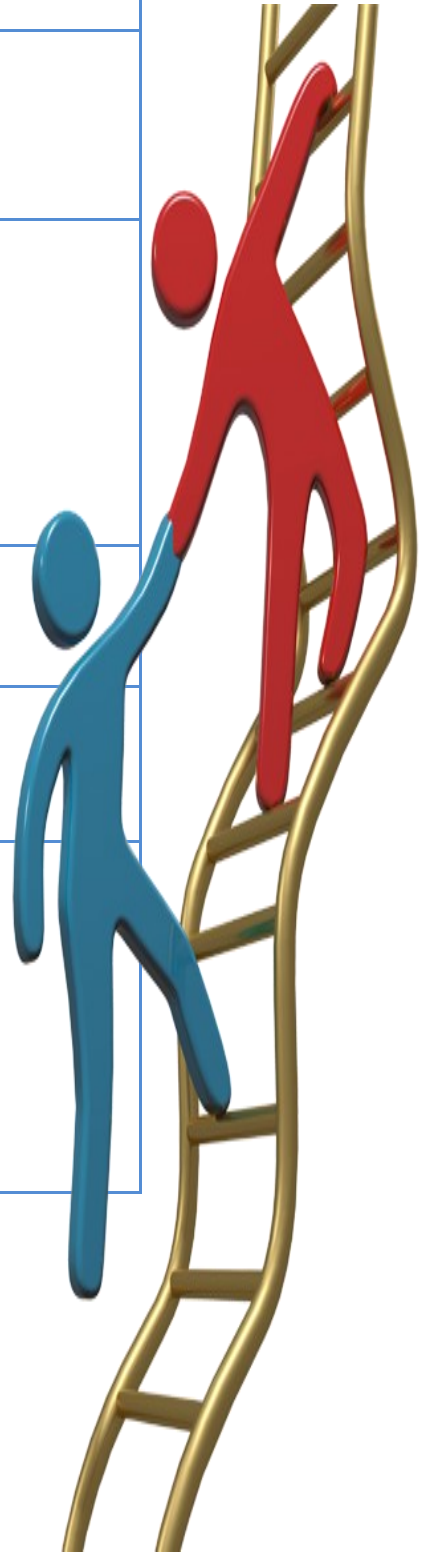
PROGRAMS / EVENTS (EVENING)	
January 29, 2019 Time: 7:00 pm WOHS – LMC	<p><b><u>Junior Parent Night</u></b>            Evening meeting for Junior parents and students to review the college application process and what to expect during Junior Conferences.</p> <p><b><u>Interpreting PSAT Scores:</u></b>  <b>PSAT Results Workshop for Parents and Students</b></p>
March 27, 2019 Time: 6:30 pm WOHS - LMC	<p><b><u>Naviance 6,7,8 / Family Connection Presentation (8th Grade Parents Only)</u></b>            Liberty &amp; Roosevelt Middle Schools</p>
April 23, 2019 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria	<p><b><u>College Night</u></b>            Representatives from various colleges/universities will be available to provide information about their school. Parents and students will have an opportunity to obtain information as well as ask questions.</p>





2018-2019 SAC PROGRAMS / EVENTS

<b>January</b>	Jan. 9 & 10	8 <sup>th</sup> Grade Orientation Transition to WOHS
	TBA	Career Exploration Night
<b>February</b>	TBA	Teen Dating Violence Prevention Activities
	TBA	HIB Presentation Students
	TBA	HIB Presentation Parents
<b>March</b>	TBA	Health & Wellness Fair
<b>April</b>	TBA	Alcohol Awareness Month
<b>May</b>	TBA	12 Grade Assembly After the Fire



## College Visits @ WOHS



Berkeley College - (Woodland Park)	Tues. Jan.22nd	9:30 am
County College of Morris	Wed. Jan.30th	8:00 am
William Paterson University	Wed. Feb. 6th	9:00 am
West Essex County College	Mon. Feb. 25th	8:30 am

# Scholarships

## **American Legion Auxiliary Children of warriors National Presidents Scholars**

Candidates for this award should be daughters, sons, grandsons, granddaughters, great granddaughters or grandsons of Veterans. Applicants must be in their senior year of high school.

**Application deadline March 1, 2019**

## **American Society of Civil Engineers Scholarship**

Two \$1500.00 scholarships is being offered to HS Seniors who plan to enroll in a full-time Civil Engineering Technology program in the fall. Applications can be downloaded at: <http://www.ascenjb.org/home.html>

**Application deadline March 20, 2019**



**The New Jersey Electronic Security Association (NJESA)**, an official chartered chapter of the Electronic Security Association (ESA), is pleased to announce the availability of college scholarship awards to sons and daughters of active-duty police and fire personnel.

The scholarship awards, in the amounts of **\$1,500** for first prize and **\$1,000** for second prize, are available to qualified high school seniors.

Awards are based on a combination of academic achievement, national test scores, extracurricular participation and the essay. In addition to completing the application and submitting the appropriate documentation, each student must write an essay explaining "What it means to me to have my parent or guardian involved in securing our community."

A copy of the requirements and application can be found at <http://esaweb.org/ysapplyNJ>.

All applications must be submitted online.

For more information contact Sunitha at [sunitha@nj-esa.org](mailto:sunitha@nj-esa.org) or 732-252-8672.

**Deadline to submit an online application is March 1, 2019**



**Fashion Institute  
of Technology**

### **Fashion Institute of Design and Merchandising**

#### **FIDM National Scholarship Competition**

FIDM colleges with four California campuses will be awarding more than 28 Scholarships, including eight full one-year scholarships worth \$31,500.00 each, that's more than \$300,000 in scholarships in total.

For entry details and the most up-to-date information visit: [bit.ly/FIDMscholarship](http://bit.ly/FIDMscholarship)

**The National Competition deadline : March 15, 2019**

### **Monks Home Improvement Service Scholarship**

Monks Home Improvement Scholarship is for a high school senior who will be attending an accredited college or university for the 2019-2020 school year. Student must have a permanent address located within Monk's service area in Northern NJ. Student must demonstrate a commitment to bettering his/her community through service. Special consideration given to students who have shown leadership or entrepreneurial thinking within their service endeavors.

Application is to be completed online , **deadline is March 31, 2019**

<https://monkshomeimprovements.com/scholarship/>

### **Community Foundation of NJ Scholarships**

The Community Foundation of New Jersey is offering several scholarships for 2019 graduates. Check the website for information , requirements and deadlines.

[www.cfnj.org](http://www.cfnj.org)



### **Hispanic Scholarship Fund**

The HSF Scholarship is designed to assist students of Hispanic heritage obtain a university degree.

Scholarships are based on merit in amounts ranging from \$500.00 to \$5000.00, based on need.

Application and Requirements: [www.hsf.net](http://www.hsf.net)

**Application deadline: Feb. 15, 2019**

## Janet Logan Daily Foundation Scholarship

The Janet Logan Daily Foundation awards an annual \$10,000 scholarship to one graduating high school senior in New Jersey who enrolls full-time in an accredited university or college within the United States. The foundation was established in memory of Janet Logan Daily, a New Jersey teacher who cultivated special bonds with students, friends, family and newcomers.

Janet's warmth continues with this scholarship. Eligibility:

Graduating high school seniors from New Jersey enrolling full-time in an accredited university or college within the United States are eligible. Applicants must meet the following criteria: students must have worked an average of 30 hours per week during the summer since the age of 16 (paid positions only), actively participate in at least one extra-curricular activity, and have a minimum GPA of 2.5. Financial need may be considered when selecting the recipient.

### Application Requirements:

This award is available to New Jersey residents only. Applicants must thoroughly complete all 8 sections of the digital application form and provide references where requested. Guidance Counselor verification of the included student information will be mandatory. Late or incomplete applications will not be considered.

**\*\*\*Applications must be submitted by April 1st, 2019\*\*\***

### Scholarship Acceptance and Disbursement Terms:

Upon winning the award, recipient must submit a short personal statement illustrating goals, hobbies and educational/career plans, all of which may be showcased on the Janet Logan Daily Foundation website and related media.

Scholarship fund disbursement will be granted once the recipient provides proof of enrollment in an accredited institution. In order to continue receiving annual award disbursement, recipient must provide proof of employment throughout college (30+ hours/week during summer) and submit a yearly grade transcript (student must maintain full-time enrollment with minimum 2.5 GPA).

**2018-2019 Applications are being accepted until April 1st, 2019**

[application@janetlogandailyfoundation.org](mailto:application@janetlogandailyfoundation.org)

## TZU Chi Scholars

Buddhist Tzu Chi Foundations of New Jersey is offering a \$1000 scholarship to all High School Seniors with financial need and academic achievements.

See Naviance or Guidance or website for application

[www.us.tzuchi.org](http://www.us.tzuchi.org)

Application postmark deadline: March 9, 2019



## **NAACP**

The NAACP, Oranges and Maplewood Unit is sponsoring three scholarships.

### **The Dr. Mabel Robinson Scholarship**

This outstanding achievement scholarship is awarded to a candidate who resides in the municipality within the catchment area of WOHS, the Oranges and Maplewood and attends a public school.

**Application deadline: April 15, 2019**

### **The Reginald T. Jeffer's Book Scholarship**

Successful candidates must meet certain criteria, see website for requirements and application.

**Application Deadline: April 15, 2019**

### **The Cornelia Thompson Scholarship**

This scholarship offers a \$1000 scholarship to a graduating senior attending college in the fall with a GPA of 2.75 to 4.00. Essay required.

**Application Deadline: April 15, 2019**

Students can apply to all three scholarships as long as they meet **each** scholarship requirements. Applications can be downloaded on Naviance or in the Guidance Office.

## **Abbott and Fenner Scholarship Program**

Abbott and Fenner Business Consultants will be awarding up to \$1,000 to the winners each year. FULL DETAILS are available on the website. Students will submit an essay on the topic that appears on the scholarship page of their web site.

<http://www.abbottandfenner.com/scholarships.htm>.

**The deadline is June 14, 2019.**

## **Big Sun Scholarship 2019**

The BigSun Athletics Organization is proud to be able to help young athletes succeed in their academic pursuits.

All student-athletes are eligible for this award, regardless of which sport they are participating in.

Students must be a high school senior or be attending a post-secondary institute. Individual awards are \$500. The numbers of awards vary.

For more information go to [athleticawards@bigsunathletics.com](mailto:athleticawards@bigsunathletics.com).

**Application deadline: June 19, 2019.**



## The Jackie Robinson Foundation Scholarship

The Jackie Robinson Foundation (JRF) Scholarship program addresses the financial needs of college students and provides extensive, hands-on mentoring and support services. Once chosen from a national, selective application process, *Jackie Robinson Foundation Scholars* receive a generous four-year grant to attend the undergraduate school of their choice and enroll in JRF's celebrated "42 Strategies for Success Curriculum". This four-year program guides JRF Scholars to effectively navigate their college environments, explore career options, develop leadership skills, and embrace a commitment to service. The program also promotes the values and character traits embodied in the heroic life of the Foundation's namesake, encouraging Scholars to positively impact the lives of others.

The JRF scholarship is awarded to outstanding high school graduates who plan to earn a baccalaureate degree from an accredited, four-year college or university. Additional fellowships are given to JRF Scholars to pursue opportunities to :

work and study abroad ([Rachel Robinson International Fellowship](#))

and for post-graduate education ([Extra Innings Fellowship](#)).

Applications are completed and submitted online.

Application Deadline: Feb. 1, 2019

<https://www.jackierobinson.org/our-programs>





## New Jersey Institute of Technology Martin Tuchman School of Management Financial Literacy Camp

**Camp Details:** Dates: June 24, 2019 - July 18, 2019

\*\*\* Students are expected & required to attend everyday of camp\*\*\*

**Class Times:** Monday through Thursday, 8:30am-3:00pm

**Location:** NJIT Campus Days off: Thursday, July 4th Parent Meeting: Thursday, May 2nd, 2019 at 6:00 PM

*Parent attendance to this meeting is mandatory, if child intends to attend program*

**Closing Luncheon** (Parents & Guardians are invited): Thursday, July 18th, 2019

**Field Trips:** Tuesday, June 25th - Leir Retreat Center (Ridgefield, CT) (tentative)  
Monday through Friday, July 8th to the 12th - Princeton Blairstown Center (Hardwick, NJ) (tentative)

Saturday, November 31st, 2019 - Winter Day Trip to Princeton Blairstown Center (Hardwick, NJ) (tentative)

**For more information, please visit: <http://management.njit.edu> & click on Financial Literacy Camp**

This year the NJIT Martin Tuchman School of Management's Financial Literacy Camp will participate in a five-day (four-night) long field trip, held at Princeton-Blairstown Center, a camp located in the woods of Northern New Jersey.

Princeton-Blairstown Center has a Summer Bridge Program where they partner with schools and community based organizations in Trenton, NJ, Northern New Jersey and New York City. The purpose of this program is to help students develop their academic, physical, social and emotional well-being, while also raising student's environmental awareness and stewardship.

Students will be challenged both physically and intellectually during the activities throughout the week.

The overall goal of each program is to help students create a strong sense of team and belonging, to carry over into the new school year. During the week long program, students will be split into small groups and paired with a trained coordinator and a school chaperone. Throughout their day each group will spend time engaging in one hour of STEM/STEAM class, participating in about one hour of outdoor activities (canoeing/kayaking, etc.), and three hours of leadership, team-building and problem solving activities.



At the end of each day students will gather around the campfire to celebrate the day's accomplishments.

The trip is a life changing moment for many young students, where they often say that the experience was "the best time ever". After attending this camp students feel more confident in themselves, believing that they can become a good leader in a group and effectively make an impact. Camp programs help develop students acceptance of others that have a different opinion from their own. Not only is this camp a fun experience in the outdoors, but it also teaches children responsibilities and how to work together in a team setting.



**This program is free to all student who apply.**

**The application **deadline will be April 15th, 2019**, but due to the high response rate in previous years, students are advised to apply as soon as possible.**

**See Mrs. Gonzalez in the School Counseling  
office for application.**

**Mail and return completed enrollment package to the address below:**

NJIT Martin Tuchman School of Management Pre-College  
Financial Literacy Camp  
Attn: Jordan Ireland  
Central Ave Bldg Suite 3014  
University Heights  
Newark, NJ 07102—1982

If you have any questions, please call 973-650-3975 or email [sten.m.gomez@njit.edu](mailto:sten.m.gomez@njit.edu)

For more information visit, <http://management.njit.edu> & click on  
Financial Literacy Camp