



September 2018

West Orange High school School Counseling News

**BACK TO SCHOOL
NIGHT**
Sept. 27, 2018
6:30 pm

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

Naviance/Family Connections

Training for Parents

September 18, 2018

Time: 7:00 pm

WOHS – LMC

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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
Jaelyn Headlam	WOHS ext. 31557

Administrative Assistants

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



Parent Message

Top 11 Tips for Back to High School

Heading back to high school? Whether you're a high school junior or a senior these tips will help you quickly get into gear for fall semester in terms of your classes, the college admissions process, test prep and, of course, your scholarship search.

Yes – there's a lot to remember – but these tips will help you keep everything on track all semester long by starting out organized, with a plan and with right goals in mind:

1. Check in with your school counselor

Your school counselor can help keep you on track with your college admissions process and ensure you're on track to graduate with the right courses to meet both your graduation requirements and look good on your college applications. Stop and check in to make sure you're on the right path to achieving your goals, at the very minimum, each semester.

2. Set semester goals

How do you know where you're headed if you haven't mapped out a goal plan for yourself? Create concrete goals for this (and each) semester to work towards achieving.

Try to include your classes, the college admissions process and applying for scholarships within your goals.

3. Befriend your teachers (you'll need recommendation letters soon!)

Start the semester out on a good note with your teachers and talk to them before, during (through class participation) and after class.

Remember, you'll need teachers who know your unique personality when it comes time for recommendation letters, so getting to know each of your teachers on a personal level will certainly come in handy.

4. Map out deadlines, due dates and other important reminders in your schedule

Whether you decide to utilize an agenda, a calendar or your phone, make use of some sort of planner to keep track of important dates and deadlines from syllabus you receive in class, standardized testing dates, important admissions deadlines and any scholarship reminders.

If you take the time to set it all up at once and get into the habit of continually updating it as necessary, it will become much easier to keep track of everything you need to remember.

5. Set up a study routine

As you prepare to head to college, creating a study routine becomes increasingly important to your college preparations. Try to set aside a certain amount of time each evening focused your classes and, on certain nights, college admissions or your scholarship search. Continue this practice until it becomes second nature.

6. Start researching colleges you're interested in

Now is the time to begin exploring colleges. Create a list of what you'd like in a school and begin researching what schools you're thinking about applying to. Do they meet the criteria on your list?

You can start to cross off the schools on your list that don't, move up the schools on your list that do and you may even discover, through your research, schools you are interested in that you didn't even know you liked!

7. Challenge yourself

It's important to colleges that you continue to challenge yourself throughout your junior and senior years of high school. This is in reference to academics but, also, in terms of extracurricular activities, high school clubs, part-time jobs and volunteer work.

Try to keep as busy as possible and remember that you want your college applications to be as full as possible.

That being said, don't join just to join – you actually have to participate.

8. Work on college test prep regularly

As mentioned with creating a study routine, maintain a healthy regime of ACT/SAT prep. You can decide to take a course in-person or online, utilize practice tests, books or questions at home or use flashcards on the go.

There are many ways to study, simply choose whatever works best for you on any given day and stick with it!

9. Connect with friends Why?

Friends can help with your overall experience because they understand everything you're going through. Not only can they console your back to school blues, but they make going back to school much less painful.

Plus, once the semester gears up, your good friends will be the ones to help you stay focused (study buddies, anyone?).

10. Search – and apply for – scholarships on a regular basis

Between classes, studying for standardized exams and the college admissions process, it can be easy to put the scholarship search on the back burner. That, however, is a big mistake.

As you know, the scholarship search is ultimately a numbers game. The more you apply to, the better your chances are of winning. So, if you don't apply, you won't win. It's as simple as that. Set aside time (we recommend weekly) to apply for a minimum number scholarships – that will be your weekly scholarship goal.

Ensure you meet your goal each week throughout the school year – it can go a long way to helping you pay for college (we don't have to tell you how expensive that can be).

11. Start brainstorming college admissions essay topics

Whether you're a high school junior or a high school senior, college admissions essays are coming. Start thinking – and perhaps even jotting down – ideas for your college admissions essays.

Since you're not sure of what the essay prompts may be, start with any unique experiences you've had, what defines you, what drives you and what type of career passions you'd like to pursue.

Student Assistance Counselor Program

The Student Assistance Counselor Programs are designed to help students and their families with problems affecting their personal lives and academic performance. The Student Assistance Counselor's (SAC) role is to enhance and support students' success in the school environment. There are a range of school-based prevention and intervention services offered to assist students with personal problems and encourage them to build upon their strengths. At the high school level, the SACs work closely with school counselors and deans to get to know each child and to help them make informed decisions.

The role of the high school SACs can be separated into several parts:

1. Assisting families and students with alcohol and drug issues by connecting students and families to community resources;
2. Providing support for families, staff and administration for students who may have academic issues relating to social-emotional/mental health issues such as peer pressure, relationship difficulties, family problems, self-esteem and depression, among others;
3. Assisting students with the adjustment to high school and getting to the next step of college or career
4. Serving as members of the high school student support teams (such as crisis, 504, I&RS, and emergency management teams), assisting with staff development and Anti-Bullying Specialist.
5. Providing programs on various topics that assist in the emotional development of the students.

In short, Student Assistance Counselors provide a support system for students and families to use when circumstances threaten school performance. Students may see the SAC for assistance with any personal issue. Many parents contact the SAC to discuss a potential problem or ask for help connecting to community resources.

At the high school we have two SACs. (Room 1164)

They are assigned a caseload of students by last name.

Last names A – K - Amedeo Chirichiello (achirichiello@westorangeschools.org) ext. 31552

Last names L – Z - Jaclyn Headlam (jheadlam@westorangeschools.org) ext.31557

Mr. Chirichiello

Mr. Chirichiello is a graduate of Seton Hall University with a Master of Arts in Clinical Psychology. He has been employed as a Mental Health and Drug and Alcohol Counselor in a hospital setting and maintains a private practice which specializes in adolescent mental health and substance abuse counseling.

Mr. Chirichiello is a Licensed Professional Counselor, a certified Student Assistance Counselor, a Nationally Certified Addiction Prevention Specialist as well as a Certified Forensic Addiction Specialist. He has over 20 years experience working with adolescents as well as adults that have various emotional and substance abuse problems.

Ms. Jaclyn Headlam

Ms. Jaclyn Headlam is a graduate of Kean University who holds a Masters in Counseling. She is a National Certified Counselor and certified by the state of New Jersey as a School Counselor and a Student Assistance Counselor.

Ms. Jaclyn Headlam comes from a multi-faceted background with over ten years of social service experience with adolescents and families. Her experience includes working within non-profit management, school-related program development, crisis intervention, homeless prevention, community outreach, behavioral interventions and conducting group and individual sessions.

CONFIDENTIALITY:

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



Suicide Prevention Awareness Month

September brings transition whether it be the change from the warm days of summer to fall or back to school, or a new transition. Sometimes these transitions can bring new challenges. We can learn what initial steps to take to get someone help when they are in trouble. Know your local resources and know the National Suicide Prevention Lifeline number [1-800-273-8255 (TALK)] and be willing to call to get help for ourselves or call for a friend who can't help themselves.

Mental Health Awareness Week



Green Ribbon Week Mental Health Awareness- September 17-22, 2018

West Orange High School recognizes the importance of maintaining body health as well as emotional health and how it can be neglected during the busy time of beginning a new school year!

There are numerous events that are set up this week:

Introduction of Green Ribbon Week will be made by Mentors beginning September 17 and daily readings for the week are made over the loud speaker of mental health/Wellness Quotes and / information.

WOHS and Conforti display case will be decorated with artwork and literature depicting messages of mental wellness.

Information cards/handouts and giveaways will be distributed to promote mental health.

Self-care is for everyone and is also the same for everyone! A few tips to remember:

**Take deep breaths *Drink some water * Make time for yourself or go exercise
* Meditate *Practice positive self talk!! *Listen to your favorite music.**

SAT Testing Dates

SAT EXAMINATION TEST DATES 2018-2019

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



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

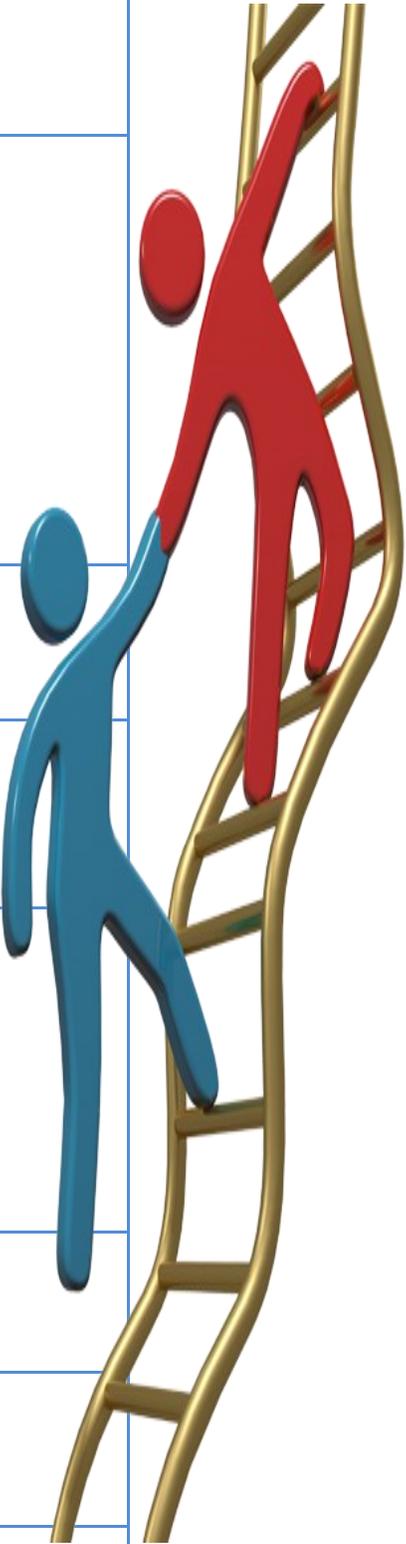
PROGRAMS / EVENTS (EVENING)	
September 27, 2018 Time: 7:00 pm	Back to School Night
September 18, 2018 Time: 7:00 pm WOHS – LMC	Naviance/Family Connections Training for Parents GRADES 6-12
October 9, 2018 Time: 7:00 pm WOHS/LMC	<u>Financial Aid Night</u> A representative from College Funding Services will provide an overview of what parents/students need to know as it relates to financial aid and college. How do colleges determine student's eligibility for assistance? How to negotiate for the best possible package. Sources of Financial Aid. What is FAFSA?
October 23, 2018 Time: 6:30 pm — 8:30 pm WOHS - Tarnoff Cafeteria	<u>College Night</u> 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.
(Tentative Date) October 29, 2018 Time: 7:00 pm WOHS—LMC	<u>Financial Aid Night</u> <i>(Assist with completing FAFSA forms)</i>
TBD Time: 6:30 pm WOHS Auditorium	WOHS Curriculum Night
January 10, 2018 Time: 7:00 pm <i>(snow date 1/11/2018)</i> Liberty Middle School Auditorium	<u>.8th Grade Orientation</u> <u>Transition to West Orange High School</u> Provide an overview of courses offered. Describe the course selection process. Review high school graduation requirements
January 29, 2019 Time: 7:00 pm WOHS – LMC	<u>.Junior Parent Night</u> Evening meeting for Junior parents and students to review the college application process and what to expect during Junior Conferences. <u>Interpreting PSAT Scores:</u> PSAT Results Workshop for Parents and Students

PROGRAMS / EVENTS (EVENING)	
January 29, 2019 Time: 7:00 pm WOHS – LMC	<u>Junior Parent Night</u> Evening meeting for Junior parents and students to review the college application process and what to expect during Junior Conferences. <u>Interpreting PSAT Scores:</u> PSAT Results Workshop for Parents and Students
March 27, 2019 Time: 6:30 pm WOHS - LMC	Naviance 6,7,8 / Family Connection Presentation <u>(8th Grade Parents Only)</u> Liberty & Roosevelt Middle Schools
April 23, 2019 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria	<u>College Night</u> 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.

The logo for 'GoodtoKnow' features the word 'Good' in a large, black, sans-serif font, followed by 'to' in a smaller, pink, lowercase font, and 'Know' in a large, black, sans-serif font. The entire logo is set against a white background.

2018-2019 SAC PROGRAMS / EVENTS

<p>September</p>	<p>TBA Freshman Seminar Presentations</p> <p>Sept. 10-16 National Suicide Prevention Week</p>
<p>October</p>	<p>Oct. 2-6 Week of Respect</p> <p>Oct. 16-20 School Violence Awareness Week</p> <p>Oct. 23-31 Red Ribbon Week Poem/Poster Contest</p> <p>Oct. 25 Unity Day</p> <p>Oct. 27 10th Grade Dangers of Substance Abuse</p> <p>TBA 11th & 12th Grade Dangers of Substance Abuse</p>
<p>November</p>	<p>Nov. 7 Parent presentation Dangers of Substance Abuse</p>
<p>January</p>	<p>Jan. 9 & 10 8th Grade Orientation Transition to WOHS</p> <p>TBA Career Exploration Night</p>
<p>February</p>	<p>TBA Teen Dating Violence Prevention Activities</p> <p>TBA HIB Presentation Students</p> <p>TBA HIB Presentation Parents</p>
<p>March</p>	<p>TBA Health & Wellness Fair</p>
<p>April</p>	<p>TBA Alcohol Awareness Month</p>
<p>May</p>	<p>TBA 12 Grade Assembly After the Fire</p>



College Visits @ WOHS

Dartmouth College	9/12/18	8:00 am
Sterling College	9/17/18	11:00 am
Bryant University	9/17/18	1:30 pm
University of Pittsburgh	9/18/18	9:00 am
Washington And Jefferson College	9/18/18	10:45 am
Bucknell University	9/20/18	8:00 am
Boston College	9/21/18	9:30 am
Stonehill College	9/25/18	8:30 am
Coastal Carolina University	9/25/18	10:30 am
Ithaca College	9/26/18	9:30 am
Northwestern University	9/26/18	12:30 pm
Lynn University	9/28/18	11:30 am
Muhlenberg College	10/1/18	8:30 am
American University	10/2/18	8:30 am
University of Southern California	10/2/18	9:00 am
Vanderbilt University	10/3/18	8:30 am
Rutgers University-Newark	10/3/18	11:00 am
Rutgers University-New Brunswick	10/9/18	8:30 am
Husson University	10/9/18	1:00 pm
Fashion Institute of Technology	10/11/18	1:15 PM
Carnegie Mellon University	10/12/18	12:30 pm
University of Chicago	10/12/18	1:30 pm
University of New Haven	10/15/18	10:30 am
Pace University, New York City	10/16/18	11:45 am
Boston University	10/17/18	9:00 am
Emmanuel College	10/17/18	12:30 pm
Baldwin Wallace University	10/18/18	9:30 am
Haverford College	10/23/18	12:00 noon
Binghamton University	10/24/18	1:00 pm
Sacred Heart university	10/26/18	8:30 am
Babson College	10/26/18	1:30 pm
New Jersey Institute of Tech.	10/30/18	10:30 am
University of Connecticut	10/30/18	11:30 am
The University of Scranton	11/2/18	1:30 pm



United States Senators
Robert Menendez & Cory Booker
invite you to attend

SERVICE ACADEMY INFORMATION DAY

Open to all New Jersey residents interested in applying to a military service academy, as well as their parents and guidance counselors.

Sunday, September 23, 2018
9:00 a.m. to 1:00 p.m.



Douglass Campus Center, Traves Hall
100 George Street
New Brunswick, NJ 08901

For additional information, please contact the offices of:

Senator Robert Menendez
(973) 645-3030
Jeremy_julls@menendez.senate.gov

Senator Cory Booker
(973) 639-8700
nominations@booker.senate.gov



****Meet representatives from all 5 service academies****