



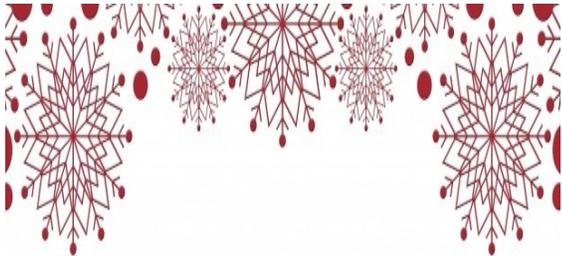
December 2019

## West Orange High School School Counseling News

### Lunch Period

Lunch time meeting with  
School Counselors

Opportunity available to all students to receive assistance with completing college applications, to learn about the various features of Naviance, answer any questions or concerns or to get to know their school counselor.



# Winter Break

School Closed

12/23/19

To

1/1/20



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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
Michael DuBose	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

## Diversification at West Orange High School

Michael D. DuBose

For some, the winter season is the most beautiful of the four. Perhaps, it is the soft chill of the winter breeze that blows on your skin or maybe it is the white crystallized snow that gently lays on the bare branches of Evergreen Trees. Whichever is the case, one thing is for sure, just as there are no two identical snowflakes, a similar analogy is observed with our West Orange High School students and families. The breadth of diversification in culture, religion, race, and belief beautifies our school. As the holidays approach, it is important to remember how incredible yet delicate the demographics are. As it does not simply serve as an aesthetic visualization or a mere distinguishable statistic to set our school apart from others. Instead, it represents growth and advancement that our school has experienced and will continue to endure.

To what extent does diversification of stakeholders contribute to our school's success? First, it originates with respect and enhancing individuality. By accepting personal strengths and weaknesses of ourselves, we can then accept and appreciate the talents of others. Yet, the golden philosophy on respecting others' contributions luminate in the formation of universal perspectives regardless if it derives from students, faculty, families, or the surrounding communities. We each have a pivotal role and responsibility to the duty to actualizing our school's mission "encouraging students to strive for excellence...and to emerge as lifelong learners." Our collaborative efforts are not time wasted, but, conversely, an investment to strengthen our standards of education, maximizing safety and security, and networking to garnish resources to provide a fair and equitable learning experience for all students.

Though our differences separate us, it is also the very element that assists us to surpass goals, enhancing teaching and learning, and protecting the values and principles to keep our school functioning effectively. For example, the New Jersey School report card (2018) revealed that our school surpassed the State on the percentage of students enrolled in a 4-year institution by more than 12 percentage points. The data also showed that the school has met the English Language Arts (ELA) and Math proficiency annual target in several areas, e.g. grade level and ethnic groups. Finally, our compassion has influenced stakeholders to support students with disabilities, homeless students, students in foster care, and English Language Learners (ELL) to develop resiliency in establishing bright futures post-secondary education.

Before concluding, the principles of diversification ignites social values of acceptance and the inclusion of others into the fold of contemporary life, despite one's differences. Research has found that society advances more expeditiously than schools (Bandelli, 2017). However, parents can contribute to a school's diversification plan by modeling what it is to "treat others how one wishes to be treated." Furthermore, parents are encouraged to engage in discussions with their children on developing and sustaining positive relationships with various types of individuals as you can never predict the benefits of such associations. At the West Orange High School, these associations offer opulent resources and support that one would have by promoting philosophies driven by segregated ethos.



## Student Assistance Counselor Message

### Managing Holiday Stress

The following is an article from DoorwaysArizona.com

#### *7 Ways Parents Can Help Teens Deal with Holiday Stress*

*November 24, 2014 by Jan Hamilton*

Most parents know that the holiday season that begins at Halloween and stretches all the way into the New Year is stressful. What many of us don't realize is that as our stress level increases, so does the stress level of those around us, including our teenagers. Unfortunately, when we are stressed out we are also less likely to notice the signs of stress in ourselves and others. This can produce a double whammy for our teens that are experiencing more stress and getting less support for managing that stress than they might at other times of the year. But there are things you can do to help keep the stress level of everyone in your family, especially your teens, from getting stressed out:

#### Manage Your Stress

The most important thing you can do to help your teens is to manage your own stress. Not only does this help lower the contact stress they get from you, it also helps ensure you will notice the signs of stress in those around you. Managing your own stress level also helps model healthy stress management techniques for your teens.

Helpful resource:

<https://kidshealth.org/en/teens/relax-breathing.html?WT.ac=ctg#catbest-self>

#### Simplify Your Schedule

One of the things that can create a lot of stress is over-scheduling. Between shopping and parties and decorating and family and travel... well, there is a lot going on. Limiting your commitments and simplifying your schedule will lower your stress and make it easier to enjoy those things you do choose to do.

Helpful resource:

<https://kidshealth.org/en/parents/child-organized.html?WT.ac=ctg#catlearning>



### **Notice the Signs**

Pay attention to how your teens are handling the holidays and look for the signs of stress like headaches, trouble sleeping, angry outbursts, or unusual moodiness. Spotting these signs is key to providing the support your teens need when their stress levels are high.

Helpful resource:

<https://kidshealth.org/en/kids/sadness.html?WT.ac=k-ra#catthought>

### **Understand the Impact of Big Changes**

Major life events like a divorce or the loss of a loved one are difficult but they can become even more difficult during the holidays. If your teen has experienced this kind of life changing event, be aware that they may be more stressed or struggle with stress more this year.

Helpful resource:

<https://kidshealth.org/en/teens/divorce.html?WT.ac=ctg#catparents>

### **Share, But Don't Over share**

If there are things going on in your lives that are making the holiday season more stressful than normal like financial difficulties or a separation, be honest with your teens but remember they aren't adults yet. Keep your sharing at the appropriate level and reassure them that while things are different or even difficult, you will get through it together. Don't burden them with your adult problems by over sharing or using them as a source of emotional support.

### **Make Moving a Priority**

The days are shorter and it gets dark so early that it can be tempting to skip active family time. However, this can actually exacerbate any issues you are having with stress because exercise helps alleviate stress. Make sure everyone keeps moving.

Helpful resource:

<https://kidshealth.org/en/teens/exercise-wise.html?WT.ac=ctg#catexercise>

### **Do Something for Someone Else**

The act of giving can do wonders for your stress level and helps keep the focus of the holiday season on giving, thankfulness, and blessings. Make it a point to volunteer, give back, and help others during the holidays and you will decrease your family's stress while helping many others.

**CONFIDENTIALITY:**

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

# YOUTH TRANSITION TO WORK SCHOLARSHIP PROGRAM

## SENIORS ONLY!

YOUTH TRANSITION TO WORK SCHOLARSHIP PROGRAM  
WILL BE IN THE SCHOOL COUNSELING OFFICE

ON

JANUARY 3<sup>RD</sup> AT 10:30 A.M.

IF INTERESTED, SIGN UP USING NAVIANCE STUDENT

The YTTW programs are NJ Department of Labor-funded and designed to train and place young adults into paid healthcare apprenticeships at Barnabas Medical Center and other healthcare institutions.

Many graduates work 20 hours or less at Barnabas where they can take advantage of hospital scholarships and a generous tuition reimbursement program to pay for their education. Students are employed in a variety of departments at the hospital, including ER, Pediatrics and Oncology.

The program lasts 6 months, from the end of June to the end of December at which time students are placed into employment. The scholarship totals \$13,500.

Students admitted to the program enjoy the following:

1. College scholarship which pays for 13.5 general education credits (ENG 101, PSY 101, Math, and MED TERMINOLOGY). All credits are transferable to the college of their choice.
2. Free training as either a Certified Nursing Assistant or PT Aide
3. Job placement at Barnabas Medical Center. Most students start at \$15 an hour and can make \$18 an hour after probation.
4. Free transportation to and from the program for three months
5. Free academic enrichment to prepare students for clinical exams
6. Access to the medical field in NJ, including a wide array of contacts at Barnabas and Rutgers University, Dept. of Rehab Sciences
7. Free soft skill training, including resume writing and interview skills
8. and many many more benefits!

The YTTW apprenticeship programs have been a NJ DOL-funded training to work program in NJ since 1994 and have been instrumental in placing hundreds of deserving young healthcare workers into para-professional jobs. Many students find it an ideal way to enter healthcare, receive effective professional training and pay for their degrees going forward.

**MONTCLAIR STATE UNIVERSITY HEALTH CAREERS PROGRAM**  
**DECEMBER 17, 2019**  
**9:00 A.M.**

A representative from *Montclair State University Health Careers Program* will be in the school counseling office on December 17<sup>th</sup> at 9:00 a.m. to meet with interested students. Sign up using Naviance students.

**Montclair State is looking for students who meet the following criteria and want to pursue a career within the health professions (medicine, dentistry, optometry, veterinary, podiatry and osteopathic medicine).**

**Please note, this program does not include nursing, pharmacy, physical therapy, physician assistant or other allied health professions.**

Below are the **minimum** requirements.

2 years of Science (Biology and Chemistry minimum)

3 years of Math (Algebra I & II, and Geometry minimum)

GPA 3.0 or higher

Class Rank (preferably top 20-25%)

SAT score - 950 minimum (Evidence Based Reading and Writing and Mathematics)\*



# Scholarships

## AXA Achievement Scholarship

The AXA Achievement Scholarship offers scholarships to high school seniors who have demonstrated outstanding achievement in their activities in school, the community or workplace.

**Application deadline: December 15, 2019 or until 10,000 applications are submitted, whichever comes first.**

<https://apply.scholarsapply.org/axaequitable-achievement/>

## Burger King Scholars

Students must be graduating high school seniors with a cumulative high school grade point average of 2.5 or higher on a 4.0 scale, and substantial work experience and financial need. Students must be planning to enroll full-time, without interruption for the entire 2019-2020 academic year at an accredited two- or four-year college, university, or vocational-technical school in the U.S., Canada or Puerto Rico.

Please read the complete Award Guidelines at the Burger King Scholars website and complete the application online.

**The application deadline is December 15, 2019.**

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

## Comcast Leaders and Achievers Scholarship Program

The 2019-20 COMCAST LEADERS AND ACHIEVERS Scholarship Program is awarding a \$1,000 scholarship to high school seniors who have demonstrated a commitment to community service, academics, and leadership through activities or work experience .

The student must be planning to attend an accredited nonprofit college, university or vocational/technical school in the US.

**Please apply online by December 6th.**

[www.learnmore.scholarshipsapply.org](http://www.learnmore.scholarshipsapply.org)

### 1000 Dreams Scholarship

The 1000 Dreams Scholarship provides one-time educational assistance for currently enrolled high school or college-aged women throughout the United States. This can include assistance for needs including but not exclusive to: educational conferences, instructional programs related to creative or artistic pursuits, graduate exam application fees, or textbooks. Needs that are ongoing (e.g., utility bills, food costs) or related to medical care are not covered by this fund. This scholarship is not to fund tuition. The intention is to provide access to educational opportunities beyond tuition.

**STUDENT MUST APPLY ONLINE BY APRIL 1, 2020**

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

### NACEL OPEN DOOR SCOLARSHIP

At NACEL Open Door, they believe that the opportunity to pursue an international education and develop a new worldview should be available to as many students as possible regardless of financial ability.

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

**Application deadline Jan. 15, 2020**

### Asian & Pacific Islander American Scholarship Fund

The nation's largest non-profit organization devoted to providing college scholarships for Asian Americans and Pacific Islanders (AAPI).

Scholarship awards range from one-time \$2,500 awards to multi-year \$20,000 awards.

APIA Scholars provides scholarships to underserved APIA students with a special focus on those who:

- \*\*Live at or below the poverty level, or are otherwise of low socioeconomic status;
- \*\*Are the first in their families to attend college;
- \*\*Are representative of the APIA community's diversity, (geographically and ethnically), especially those ethnicities that have been underrepresented on college campuses due to limited access and opportunity;
- \*\*Have placed a strong emphasis on community service and leadership as well as solid academic achievement.

**The APIA Scholarship Program application must be completed online and submitted electronically.**

**The application will be available for the 2020-2021 academic year from September 4, 2019 until January 22, 2020 at 5:00 PM EST.**

<https://apiascholars.org/scholarship/apia-scholarship/>

### The Ultimate List of Scholarships for Women and Girls

College can be expensive. That's why scholarships for women are so valuable. First, they help lower the cost of going to school, which is worthwhile in itself. Second, they are only open to female students, making them potentially less competitive. If you have a girl getting ready to head to college, here is the ultimate list of scholarships for women and girls.

<https://thescholarshipssystem.com/blog-for-students-families/the-ultimate-list-of-scholarships-for-women-and-girls/>

**GE-REAGAN FOUNDATION SCHOLARSHIP PROGRAM**

This program honors America's foremost young leaders who demonstrate the leadership, drive, integrity, and citizenship exhibited by President Ronald Reagan.

This program selects numerous recipients to receive a \$10,000 scholarship renewable for up to an additional three years – up to \$40,000 total per recipient. Awards are for undergraduate study and may be used for education-related expenses, including tuition, fees, books, supplies, room, and board. In addition, Scholars are invited to participate in a special awards program and receive ongoing leadership-development support.

To be eligible for this award, applicants must:

- demonstrate at school, at the workplace, and within the community the attributes of leadership, drive, integrity, and citizenship;
- demonstrate strong academic performance (minimum 3.0 grade point average/4.0 scale or equivalent);
- be citizens of the United States of America;
- be current high school seniors attending high school in the United States (students living on U.S. Armed Forces base and homeschooled students are also eligible)
- And plan to enroll in a full-time undergraduate course of study toward a bachelor's degree at an accredited four- year college or university in the United States for the entire upcoming academic year.

Complete the application online: <https://apply.scholarsapply.org/ge-reagan/>

**Application Deadline: Jan. 3, 2020**

**NJREA (New Jersey Retirees' Education Association)**

**4yr & 2yr college , Trade, Vocational, Career & Technical Education Scholarships**

The NJREA Allen/Hickman scholarships award \$1,500 each to an eligible student and are renewable through senior year in college, provided the student maintains a 3.0 GPA or better. Applicants must have graduated from a New Jersey public school in the top five percent of their class and be accepted by a four-year institution.

The NJREA Allen/Hickman scholarships award \$1,500 each to an eligible student and are renewable through senior year in college, provided the student maintains a 3.0 GPA or better. Applicants must have graduated from a New Jersey public school in the top five percent of their class and be accepted by a four-year institution.

One scholarship of \$1,000 is given each year to an eligible student interested in continuing their education at a community college. If the recipient completes the first year with a 2.75 or higher GPA, the award is renewed for the second year. Applicants must reside in New Jersey.

**Deadline March 1, 2020**

[www.njea.com](http://www.njea.com)



**Monk's Home Improvements Service Scholarship**

Monk's Home Improvements is looking for local students who are working to improve their communities through volunteer work and service activities.

Five (5) one-time scholarships in the amount of \$2,000 will be awarded to five applicants who meet all of the requirements. Winners will be selected based on the content and quality of their essay response.

**For consideration, the application must be completed and submitted online by March 31, 2020.**

[MonksHomeImprovements.com](http://MonksHomeImprovements.com)



Check Naviance or Stop in the School Counseling Office ....  
scholarships are added daily!

# ACT Testing Dates

## ACT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Dead-line	Late Registration Deadline
6/8/19	5/3/19	May 4-20, 2019
7/13/19	6/14/19	June 15-24, 2019
9/14/19	8/16/19	August 17-30, 2019
<b>* 10/26/19</b>	<b>9/20/19</b>	<b>Sept. 21-Oct. 4, 2019</b>
12/14/19	11/8/19	November 9-22, 2019
<b>* 2/8/20</b>	<b>1/10/20</b>	<b>January 11-17, 2020</b>
4/4/20	2/28/20	Feb. 29-Mar. 13, 2020
<b>* 6/13/20</b>	<b>5/8/20</b>	<b>May 9-22, 2020</b>
7/18/20	6/19/20	June 20-26, 2020

**\* TESTING DATES IN RED ARE HELD @ WOHS**



## SAT Testing Dates

### SAT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Deadline	Late Registration Deadline
8/24/19	7/26/19	8/13/19
10/5/19	9/6/19	9/24/19
* 11/2/19	10/3/19	10/22/19
12/7/19	11/8/19	11/26/19
* 3/14/20	2/14/20	3/3/20
5/2/20	4/3/20	4/21/20
* 6/6/20	5/8/20	5/27/20

**\* TESTING DATES IN RED ARE HELD @ WOHS**



## Testing Dates

### PSAT/National Merit Scholarship Qualifying Test

October 16 ,2019 ( Wednesday)  
All 10th & 11th grade students

### NJSLA TEST DATES 2019-2020

Grade 9,10,11 ELA  
April 21-22 ,2020

Grade 9,10,11 Math  
Alg I, Geometry, Alg II  
May 19-20, 2020

### NJSLA Science

Grade 11  
May 19-20, 2020

### Advanced Placement Program Examinations

May 4-15, 2020

## 2019-2020 Counseling Department Programs

<p>January 7, 2020 Time: 6:30 pm - 8:30 pm <u>(snow date 1/14/2020)</u></p> <p>West Orange High School Auditorium</p>	<p><b><u>8<sup>th</sup> Grade Orientation Transition to West Orange High School</u></b> Provide an overview of courses offered. Describe the course selection process. Review high school graduation requirements.</p> <p><b><u>Orientation Schedule</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>6:00 - 6:45pm - (Tarnoff Gym)</u></b> Visit with Department Supervisors</li> <li>• <b><u>7:00 - 8:00pm - WOHS Auditorium</u></b></li> </ul>
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<p>January 28, 2020 Time: 7:00 pm WOHS – LMC</p>	<p><b><u>College/Career 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: PSAT Results Workshop for Parents and Students</u></b></p>
<p>March 25, 2020 Time: 6:30 pm WOHS - LMC</p>	<p><b><u>Naviance - Grades 6-12</u></b></p>
<p>April 21, 2020 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria</p>	<p><b><u>College/Career 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>

# GoodtoKnow

## 2019-2020 Student Assistance Counseling Programs

January	National Drug Facts Week
February	Teen Dating Violence Prevention Activities  HIB Presentation Students & Parents  10th Grade Assembly-Character Education
March	Health & Wellness Fair
April	Alcohol Awareness Month
May	12 Grade Assembly After the Fire



# College Visits @ WOHS

The calendar is always changing!

Be sure to check Naviance for updates and to sign up for visits you are interested in attending.

Essex County College ( Instant Decision Day)	12/5/19	9:00 am
Felician University (Instant Decision Day)	12/10/19	10:00 am
Montclair State University	12/17/209	9:00 am
County College of Morris (Instant Decision Day)	12/18/2019	9:00 am
Bloomfield College	1/7/2020	9:30 am

