



**GO
KNIGHTS!**

GUIDANCE NEWSLETTER

Volume 1, Issue 1

October, 2009

WEST ESSEX REGIONAL HIGH SCHOOL

From the Director's Desk

The counselors have all been off to a busy start. All seniors have met with their counselors in small groups to initiate the college process. The counselors have continued to meet with the seniors individually to discuss specific needs, as well. Standardized tests, Naviance, campus visits and meetings with various college representatives who visit West Essex, are the topics that have been covered with the juniors, so far this year. Since the students change counselors after ninth grade, the sophomores met their new counselor in small groups in order to review the agenda for the next three years. The freshmen had a smooth transition to the high school. They have met with their new counselor in groups and have taken the learning style inventory on Naviance. The 8th grade guidance counselor has met with all of her students to discuss high school placement criteria and the importance of their current grades. The students also completed a guidance portfolio sheet that will remain in their files as reference for their high school counselors. The 7th graders have met with their counselor to ensure a positive adjustment to the district. They have also met in small groups to discuss study skills and learning styles. All 7th graders came away with a book on how to get the most out of middle school.

Along with meeting with their students, the guidance staff has been attending college workshops, national conferences, and College Board workshops. The staff also visited the guidance departments of surrounding schools in order to share ideas. We have many wonderful programs planned for this year. Please check the web site for more information.

GENESIS is OUR NEW PROGRAM!

The West Essex Administration and Faculty are excited to work with our new software program, Genesis. For the first time, the communication between parents and teachers in regard to student grades and attendance will be an easy experience through this wonderful online service. Although in it's primary stages, parents have filled out their information forms to allow our technicians to connect us all. We are in the process of doing just that, and we hope to have parent access of report cards soon. We look



forward to the completion of its input.

UPCOMING OPPORTUNITIES FOR JUNIORS

The Governor's School of New Jersey -
see Mrs. Grancagnolo
Boys State / Girls State -
See Mrs. Van Syckle

National Honor Society Tutoring Services

The National Honor Society is offering tutoring services for West Essex students. Tutors are individually assigned and are available to tutor up to one hour per week after school in the high school cafeteria or library. Anyone interested in the tutoring services should contact

Dr. Barbara Cieremans at

bcierema@westex.org



CONGRATULATIONS

to **Matthew Branco**
& **Devon Gardner.**

Matt is our HOBY ambassador and will attend a leadership conference next June. Devon is our designated alternate.

SENIORS

- Are you aware of your application deadlines?
- Have you had your standardized test scores sent directly to your colleges?
- Do your colleges have supplementary forms to be sent through Guidance?
- **Just Checking!!!!!!**

SAT and ACT TEST DATES register on line!



Prepare for standardize tests in plenty of time.

SAT	ACT
November 7, 2009	December 12, 2009
December 5, 2009	February 6, 2010
January 23, 2010	April 10, 2010
March 13, 2010	June 12, 2010
May 1, 2010	
June 5, 2010	

SENIORS

Guidance Hosts Instant Decision Days and Interviews

JUNIORS
 Visit
 Colleges
 Set up
 Tours
 Take the
 SAT or
 ACT

With the stress of applying to college, and nervously awaiting the news, we are happy to say that we can ease the pressure a bit. On November 18th, East Stroudsburg University will be on our campus for an instant decision day to conduct admission interviews; the student will know at that point if he or she is accepted. Students need to see their counselor to make an appointment. To meet

interview requirements, students must have an application completed, and Guidance will prepare the appropriate additional information.

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On November 13th, Sacred Heart University will be on campus to conduct personal interviews. This is one of the opportunities where a student can meet the admissions reader, and become more than

just a paper application. Students interested in Sacred Heart, who feel they can interview well, should take advantage of this wonderful opportunity.



Colleges Offering Scholarships



**Go
 For
 It!**

Seniors applying to colleges should carefully check their websites to see if any special scholarships are offered that pertain to them. To date, the colleges that are offering specific scholarships which we are aware of are:

* Fairleigh Dickinson

* **Michigan University**
 (Engineering Scholarship)

* **Marist College**
 (Computer Science
 Scholarship)

* **Washington College**
 (NHS members only)

Seniors
 Don't forget to check the Scholarship Application list given out in your English Class. There is also a copy in Guidance.
Apply, Apply, Apply

MIDDLE SCHOOL STEPS UP FOR SUCCESS

As we step into a new school year, here are some tips and reminders that can help us all reach for a better tomorrow! Please take some time to share these with your children and discuss how these steps might help them as students.

The Twelve Steps to Success

1. **Be Confident:** Successful people believe in themselves. They know their actions make a difference in their lives and the lives of others. They work at trusting themselves and others.
2. **Be Responsible:** Successful people choose to respond with appropriate behavior and accept the consequences of their actions. They take credit for their successes and learn from their mistakes.
3. **Be here:** Commit to being physically and mentally present, whether it be for work or school. Review West Essex's attendance policy with your child.
4. **Be on Time:** Successful people are prompt. They get to where they are going on time. Others count on them to be on time.
5. **Be Friendly:** Successful people accept the differences of others. They build friendships by helping one another rather than hurting each other.
6. **Be Polite:** Successful people show courtesy. They are polite by waiting their turn, and listening when others are talking.
7. **Be Prepared:** Successful people have their materials when needed. They keep their tools and supplies in good condition and they plan ahead.
8. **Be a Listener:** Successful people listen to instructions and follow directions. Because they listen to what others need, they can cooperate to achieve success.
9. **Be a Doer:** Successful people do their work to the best of their ability. They know the more they do, the more capable they will become. Practice helps!
10. **Be a Tough Worker:** Successful people have kept on trying. They keep working towards their goals even when things get difficult.
11. **Be a Risk Taker:** Successful people have courage and are willing to run the risk of failure. They know that sooner or later they will reach their goals if they keep trying.
12. **Be a Goal Setter:** Successful people plan for the future. They use goals as a personal road map to guide them where they want to go. You may want your child to get an "A", but he/she is more likely to get there if you sit and discuss the steps to get there. Have your child write them down and keep them near the study area. By setting goals, people are able to realize their dreams!

Guidance Programs

Mark your calendars

November 17th

Recruiting Workshop

January 7th

Financial Aid Night

January 12th

8th Grade Parent
Night

January 20th

Junior College Night

January 21st

6th Grade Parent
Night

February 23rd

ACT/SAT Night

April 25th

Essay Writing
Workshop

June 2nd

Senior Awards Night

June 17th

Move-Up Day

*Director of Guidance
Ms. Kelly Peterfreund*

Senior High School Counselors

*Dr. Barbara Cieremans
Mrs. Linda Grancagnolo
Mrs. Patricia Pawlikowski
Mrs. Erin Tierny
Mrs. Janet Van Syckle*

Middle School Counselors

*Mrs. Theresa Imhoff
Mrs. Valerie Robinson*

Freshmen Transition Made Easier

With Mrs. Pawlikowski

Group Meetings

- Lunch time group meetings: topics including but not limited to: Stress and anxiety about entering a new school, social and academic pressure, making better choices and decisions, conflict resolutions, bullying, four-year planning, study skills, "KnowHow2Go" the 4 steps to college, etc.
- Fall, Winter and Spring Freshmen Transition Surveys
- Career guest speaker assemblies

Classroom Presentations Cover the Following Topics:

- Naviance Family Connection – a computerized, comprehensive college and career program (completion of Learning Styles Inventory); Resume building and Career exploration.
- How to Avoid Midterm Madness & Mayhem: A Freshman Info Session (test preparation strategies and accessing academic tutoring)
- My High School Planner - How to Interpret and improve your High School Transcript (CollegeBoard Action Plan: High School Freshmen)
- Accessing Extracurricular activities and Community activities

Sophomores

Join Clubs * Use Naviance
Attend College Fairs

FRESHMEN

This is the beginning of your transcript . . . Make it count!

FROM THE MIDDLE SCHOOL

The Middle School Counseling Department

During the course of the year, the counselors visit the students in a variety of settings to explain their role and teach a variety of lessons on topics such as learning styles, study skills, goal setting, careers, and preparing for high school. We encourage parents to help your child establish a consistent after school routine with a designated for homework, a quiet place to study, and a good night's sleep that is *technology free*.

Check out the scholastic website for students for homework help and help setting up a calendar for time management using fun interactive tools!

<http://www.scholastic.com/kids/homework/>

College is closer than you think! A website with more information for middle school students is: <http://www.knowhow2go.org>

Words of Wisdom

*"If you can give your son or daughter only one gift,
let it be enthusiasm." –Bruce Barton*

*"In the final analysis it is not what you do for your children
but what you have taught them to do for themselves
that will make them successful human beings." –Ann Landers*