



WEST ESSEX REGIONAL HIGH SCHOOL

GUIDANCE NEWSLETTER

SPRING 2010

FROM THE DESK OF THE DIRECTOR . . .

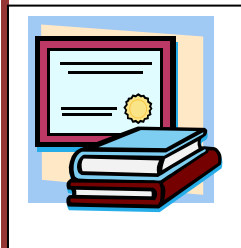
We are approaching the end to another terrific school year. Final exams are fast approaching. Students should make sure they are seeing teachers and are preparing for all their exams.

As the thoughts of summer stream into our minds, students should take advantage of the free time to volunteer or work. Students should use this time to boost their resumes for college. They can attend summer programs at a college or university to get a sense of college life.

The members of the Class of 2010 are off to amazing schools. Congratulations Class of 2010!!

West Essex Presents Book Awards to Juniors

Each year, we present Book Awards from various prestigious colleges to members of the Junior Class who have excelled academically, as well as being of service to their school and community. This year, we congratulate the following students for their commitment to education as well as their dedication to service. Presentations were at our May 17th Board Meeting.



Brandeis Book Award – Victoria Sansone
College of The Holy Cross Book Award – Benjamin Minden
Cornell Book Award – Olivia Perez
Dartmouth Book Award – John Boutillier
Mt. Holyoke Book Award – Michele Rizzo
Smith Book Award – Samantha Rolli
University of Pennsylvania Book Award – Lynnli Wang
University of Virginia Book Award - Amol

CONGRATULATIONS to Lynnli Wang!

Lynnli was selected to participate in The Governor's School of New Jersey's School of Engineering, which will be hosted by Rutgers University this summer. This highly prestigious appointment will afford Lynnli the opportunity to work with talented peers and professionals in the field from across the state. A highly intense project will highlight this four week course of study for Lynnli, in addition to taking five academic classes.

From March 21st to the 24th, Mrs. Grancagnolo had the opportunity to tour four colleges in Virginia, which gave her great insight to what Virginia can offer our students.

Lynchburg College: Located in Lynchburg, there is an airport right there, or flying into Richmond is an hour and a half ride. It's approximately a 6 hour ride by car or easily accessed by train. There are approximately 2400 undergraduate students who can choose from nearly 50 majors. The average GPA is 3.0 with a 1050 Math and Verbal SAT. The Honors Program requires a 3.5 GPA with a 1200 Math and Verbal SAT score. The average ACT score is 22. They have Rolling Admissions, which begin in August. The student faculty ratio is 15 -1. Lynchburg is a Division 3 school, with a strong Lacrosse team. Their comparable schools are James Madison, Roanoke, and Virginia Tech. Career services works hard to promote job fairs for seniors, as well as instructional resume writing and practice LSATS.

Randolph College: This is a small private college in Lynchburg with approximately 800 undergraduates. Mean GPA is a 3.2 with 1150 math and Verbal SAT scores and a 25 ACT score. Randolph is a Division 3 college with Lacrosse and Field Hockey being top sports. There's a newly renovated Student Center, and impressive Freshmen advisors that look at the four year plan for each student. Randolph was a women's college, but has been co-ed for the past three years. Biology/ Pre-Veterinarian, and Psychology are most popular majors, and they also offer Dance and Creative Writing, which are sometimes difficult to find. Their Nursing Program finishes up either at John Hopkins or Vanderbilt.

Sweet Briar College: This is an all women's college in Sweet Briar nestled on a amazing campus. The mean GPA is a 3.4, Act is a 25, and SAT score (Math and Verbal) is an 1100. Field Hockey, Lacrosse, soccer, softball, tennis volleyball offered. There is also an a spectacular Riding Program where students can house their own horses. Student / Faculty ratio is 10 to 1. Internships begin freshman year. Honors Program is available. Study Abroad Program. Career services begin as early as freshman year. The Sweet Briar student is: an aggressive learner, not passive; one who identifies the leader within; one with potential to step up.

Hamden – Sydney College: This is an all male college with approximately 1300 students, located in Hamden-Sydney. Mean GPA is 3.2, Average SAT is an 1100 (Math and Verbal), Average ACT is a 23. You will find strong athletics; conference winners in Football and Lacrosse. Most popular majors are Biology, Political Science and Business. Student Faculty ratio is 10 to 1. Young men are proud of their honor code. They pride themselves on a rigorous academic program, with much alum networking as students graduate. Basically, this is a politically conservative campus.

*Both Sweet Briar and Hamden-Sydney spend much time on each others campus sharing college play productions, formals, and various mixers. All of the Virginia Colleges have outstanding grounds beautifully manicured, spacious and well kept.

Dr. Cieremans had a wonderful experience visiting the Maryland Colleges. She brought many insights to share with her students from the Maryland Crab Crawl Counselor Tour!

St. John's College – Annapolis, Maryland

Chartered in 1784 and situated in the heart of historic Annapolis, St. John's College is one of the oldest colleges in the country and a recognized national landmark. Since the adoption of its New Program in 1937, the college of 450 students has been widely recognized for its distinctive "Great Books" curriculum which is based on the reading and discussion of seminal works of Western Civilization. Students must learn to translate ancient Greek in addition to also learning French. All courses are taught in seminar format with two professors leading the discussions. The college is coeducational and has no religious affiliation. St. John's has another campus located in picturesque Santa Fe, New Mexico.

Washington College – Chestertown, Maryland

Washington College is a private coeducational four-year college of liberal arts and sciences, founded in 1782 and is the oldest chartered college in Maryland. The College enrolls approximately 1300 undergraduates from 35 states and 40 foreign nations who are working towards B.A. or B.S. degrees in 29 majors and 15 additional dual-degree and special programs. Located on Maryland's eastern shore, the 112 acre campus provides modern facilities for the arts, research and recreation. The students give off a very "happy vibe" and have a lot of great things to say about the campus life during and after class. If you enjoy water sports activities, you will love this campus.

Johns Hopkins – Baltimore, Maryland

Ever since its founding in 1876, Johns Hopkins has made the undergraduate experience all about exploration and discovery. They believe in learning through independent inquiry for anyone in any major. Their students work in every discipline and with every subject imaginable, all from the comfort of an active and close-knit campus community but with the resources of Baltimore and Washington, D.C. at their fingertips. The university enrolls about 4,400 undergraduate students from all 50 states and 71 nations and offers 49 majors in the humanities, social sciences, natural sciences, and engineering. Personal attention from faculty members, opportunities for study abroad and internships, and the beauty of the 140 acre campus that is located just three miles north of Baltimore's Inner Harbor are some of the key facets of the Johns Hopkins experience.

College of Notre Dame – Baltimore, Maryland

The college of Notre Dame of Maryland is a small, private liberal arts college for women. Students are attracted to Notre Dame's solid liberal arts education, excellent location, science, and sports facilities. The internship and study abroad opportunities, along with a strong career development program, enhance the student's educational experience. The

college offers 27 major programs of study including dual degree programs in nursing and engineering. They share their library with Loyola University.

Loyola University – Baltimore, Maryland

Founded in 1852 by the Society of Jesus, a Catholic order of priests (the Jesuits), Loyola is a medium-sized, private, liberal arts university, located in residential north Baltimore City. All students fulfill an extensive core curriculum and may choose from majors and minors in 37 academic fields. Areas of interest are often complimented with study abroad programs, internships, or Loyola's extensive community service opportunities. Students attending Loyola represent 34 states and 6 foreign countries. Loyola is a very lively and friendly campus with their own mascot (a rescued greyhound named Nicholas) in attendance.

Stevenson University - Owings Mills, Maryland

Founded as Villa Julie College in 1947, Stevenson University is an independent liberal arts university that has been characterized by rapid growth and change in the last decade. Currently the third largest private school in Maryland, Stevenson enrolls approximately 3,100 students (2,600 full-time undergraduates) in bachelor's and master's degree programs. Stevenson blends the traditional liberal arts with a distinctive career-focus and personalized environment. Through the "Learning Beyond" program all students connect theory and practice by engaging in internships, research, service learning and/or study abroad before graduation. In 2004 Stevenson expanded by opening a second campus, 6 miles from the original location, in the suburban community of Owings Mills. The Owings Mills locations boasts 11 new residence halls, a community center, administrative offices, the Howard S. Brown School of Business, a student union, an athletic complex and a new gymnasium slated to open late summer 2010. The Stevenson Mustangs currently compete in 19 NCAA Division III sports (including dance and cheer) with football "kicking off" in 2011.

McDaniel College – Westminster, Maryland

McDaniel College provides an ideal location for learning which brings together students from 34 states and 11 countries. Its picturesque campus is situated on a hilltop in historic Westminster, a short drive from two major metropolitan centers, Baltimore and Washington, D.C. One of the first coeducational colleges in the nation, it has been both innovative and independent since its founding in 1867. Enrollment of 1,700 undergraduates enables the College to provide individual guidance to its students and ensures that graduates leave enriched not just because of their class work, but because of their meaningful interactions with one another. A flexible liberal arts curriculum stresses the ability to think critically and creatively, to act humanely and responsibly, and to be expressive. The faculty is engaged in research and professional writing; they are involved at the highest levels of their respective professions; they are sought after as consultants in many spheres, but their primary mission is teaching. Accredited by the Middle States Association of Colleges and Secondary Schools, it is classified as a more selective, full-time, four-year college by the Carnegie Foundation for the Advancement of Teaching. McDaniel is also one of 40 liberal arts colleges in Loren Pope's "Colleges That Change Lives". Known nationally for its unique January Term program, McDaniel College is internationally recognized for its undergraduate branch campus in Hungary, McDaniel College Budapest, and for its graduate program in training teachers for the deaf.

Hood College – Frederick, Maryland

Founded in 1893, Hood College is a coeducational independent liberal arts college located in historic Frederick, Maryland. Hood offers 27 bachelor's degree programs, a professionally oriented graduate school, and certificate programs. An honors program that encourages students to "reach outside the box" provides students a living and learning environment that engages critical thinking. In addition to a vibrant on-campus environment with more than 60 campus clubs and organizations as well as 19 Division III NCAA sports, Hood provides its students ample opportunity for real-world experiences outside the classroom through internships, practicums and research at organizations such as the National Institutes of Health and National Cancer Institute at nearby Fort Detrick, the White House, NBC News, the Baltimore Sun and more. Less than an hour's drive from Washington D.C., and Baltimore and a 10 minute drive to the foot of the Catoctin Mountains, the students have access to world-renowned social, cultural, and recreational activities. Hood has been recognized by Princeton Review, U.S. News and World Report, and many other publications as a high quality institution at an affordable cost to students.

Mount St. Mary's University – Emmitsburg, Maryland

Mount St. Mary's University is the second oldest Catholic college in America, having just completed its Bicentennial Celebration in 2008. "The Mount" is home to approximately 1,600 undergraduate students, who come from over 30 states and 10 foreign countries. Over 85% of the undergraduate population lives on campus and housing is guaranteed for four years. Students choose from a wide variety of academic programs including the most popular majors of business, biology, education, psychology and accounting. An integrated, four-year core curriculum begins with the nationally acclaimed Freshman Seminar program which emphasizes writing, critical reading and communication skills. Classes average 21 students and are taught by college faculty (no TA's); over 90 percent of whom hold terminal degrees in their field of study. The Mount is proud to compete at the NCAA Division I level in athletics, offering 19 varsity sports, as well as a variety of intramural and club sports. Several teams have earned national distinction including Men's and Women's Basketball, Lacrosse, and Track and Field. The campus is located in the foothills of the Catoctin Mountains (about 1 hour from Baltimore and Washington, D.C.) and is in the top 2% safest schools in the nation.

Goucher College – Baltimore, Maryland

Goucher College is a small, private coeducational liberal arts and sciences college located on 287 wooded acres, just a few miles north of downtown Baltimore and an hour from Washington, D.C. Goucher takes full advantage of its environment with a curriculum that engages students in the communities that surround them – local, national, and international – and brings the best of those communities to campus to enrich the cultural and intellectual atmosphere of the college. Since its founding in 1885, Goucher has been well known for its emphasis on service-learning, study abroad, and internships. In 2006 Goucher became the first college in the nation to require study abroad of each of its undergraduates, and to provide them with a travel voucher to help make it possible. With more than 1,500 undergraduates from over 40 states and 15 foreign countries, the student body represents a tremendous variety of backgrounds, interests, and points of view. Goucher students live together in the center of campus in six fieldstone residence halls with living spaces designed to blur the lines between living and learning.

Maryland Institute College of Art- Baltimore, Maryland

Established in 1826, the Maryland Institute College of Art (MICA) is the oldest independent fully accredited degree-granting art college in the United States. MICA is one of the most selective art colleges in the country; US News & World

Report 2009 ranks MICA's graduate programs among the top 4 of 222 colleges and universities. Located in the historic Bolton Hill neighborhood of Baltimore, MICA offers the following degrees: Bachelor of Fine Arts, Master of Fine Arts, Master of Arts in Teaching, and Master of Arts in Community Arts, as well as a five-year dual degree: the Bachelor of Fine Arts/Master of Arts in Teaching. MICA's campus consists of 29 buildings within a 5 block radius, including the Main Building and Mount Royal Station, both of which are included in the National Register of Historic Places. The campus also features gallery and exhibition spaces where over 60 exhibitions a year are presented showcasing work by national, regional, and international artists and MICA faculty, students and alumni.



*Dr. Cieremans and Mrs. Van Syckle visit
Landmark College*

Landmark is a small college (500 students!) in Putney, Vermont that offers a very different approach for students who learn differently. It exists solely to serve students with diagnosed learning disabilities and AD/HD. All students take a Freshman Seminar designed to help them understand their own disabilities and to refine their coping skills and learning strategies. This approach is then integrated into each & every course that students take. Classes are small and a variety of cutting edge assistive technologies are available. Students have the opportunity to earn an associates degree and transfer to 4 year colleges. Most of the presentations were made by faculty members but we also had the chance to hear the stories of current students. I can't tell you how impressed we were! These kids all had heartbreaking stories of failure & frustration. At Landmark, they are learning in a community of acceptance and they are succeeding - some for the first time! The kids were confident, hopeful and excellent self-advocates. Since 60% of students with learning disabilities have a secondary diagnosis, Landmark offers extensive counseling and advising.

Landmark also offers an intensive 5 week summer program for rising juniors and graduated seniors. The goal of this program is to narrow the achievement gap and help students gain the skills they need to become a successful college student. Students choose classes with a developmental focus as well as classes that are of academic interest to them. These courses are designed to build reading, comprehension, writing & organizational skills.

The tuition can be intimidating - Landmark is the second most expensive college in the US! However, scholarships are available and Barbara and I have forms that will give our students "priority consideration." In addition, parents should know that tuition, room, board & all other expenses can be deducted from a family's income tax if the student has a medical diagnosis.



Mrs. Van Syckle Tours Rhode Island Colleges

"The little state with a lot to offer"

Brown University is located on historic College Hill, in the heart of Providence, R.I. Brown is a private, liberal arts university with 6,000 undergraduates and 1,700 graduate students. Although Brown owns buildings throughout the surrounding area, the heart of campus is a traditional "quad" with the ivy-covered brick buildings that give the "Ivy League" its name. Economics, Biological Sciences, International Relations and History are the most popular majors although the college is looking to expand its commitment to math and science and favors applicants with accomplishments in those areas. All freshmen live in dorms as do the majority of upper classmen. With 37 different varsity teams, Brown boasts of the one of the largest athletic programs for women, in particular. Brown is one of the most selective schools in the country and in the past two years, the applicant pool has increased by almost 50%. This year, 2,790 applicants were accepted out of a pool of nearly 30,000. Brown's program of study is somewhat unique; there are no graduation requirements outside of a student's major. Applicants should display a genuine interest and be prepared to take responsibility for their own academic progress.

Bryant University is a hidden "gem" that won't remain hidden much longer. Bryant's lovely campus has a somewhat "corporate" feel that reflects its commitment to integrating business and academics. All of Bryant's 5,800 undergraduates must choose either a major or minor from a field of study within the College of Business and the College of Arts and Sciences. Bryant is truly committed to providing a cross cultural experience and the department of international studies is quite popular. Many students find multiple opportunities to go abroad; in addition to semester abroad programs, Bryant offers a large variety of shorter programs. Bryant prides itself on building global relationships within the corporate community. It is the only college with a World Trade Center on campus. The Career Services department has been ranked as one of the best in the nation. All freshmen receive a laptop before school commences and a new one before their junior year.

Johnson & Wales is "America's Career University". Once enrolled, students have the opportunity to study on their campuses in Florida, Charlotte, Denver & Miami. Providence, Rhode Island has the largest campus with 8,500 students studying business, entertainment & event management, criminal justice, fashion merchandising and culinary arts. All courses of study include general education courses in the department of arts & sciences. At Johnson & Wales, students experience the benefit of an "upside down curriculum." From day one, they are immersed in courses in their major. Numerous employers in the Rhode Island area provide internships and paid positions as well. Classes are small and "hands on" learning is emphasized. The Culinary Arts program has a separate facility, with residence halls, on the harbor. Johnson & Wales does not require standardized tests for admissions and applications are considered as they are received.

Providence College is rooted in the Roman Catholic tradition with the writings of St. Thomas Aquinas as the cornerstone of its educational philosophy. Providence offers a traditional liberal arts curriculum in a modern setting and expects students to read widely, contemplate wisely and share widely. The campus is located in the suburbs, just minutes from downtown Providence. The most popular majors are education,

business and the sciences. Of the 3,800 undergraduates, all freshman and most upperclassmen live on campus. Providence offers Division I athletics and over 50 clubs and organizations. Many students continue their commitment to community service by participating in a wide variety of programs and projects. Providence even offers a major in Public and Community Service.

The admissions department conducts a holistic review of all applications and is particularly interested in *why* applicants have chosen Providence. Students need not submit standardized test scores but should demonstrate that they have challenged themselves with four years of rigorous study.

Rhode Island School of Design offers 16 majors that are singularly focused on art and design. The campus is located in downtown Providence. In every building, students are surrounded by art and architecture designed to instruct and inspire. All freshmen live together in centrally located residence halls. Many upper classmen choose off-campus housing. Freshman focus on the core curriculum with most courses designed to provide a firm foundation. In addition to courses in their major field of study, students are required to choose from a variety of history, philosophy, and English classes. Upper classmen have an increasing amount of freedom in course selection. Great emphasis is placed on a required senior project. RISD has two 12 week semesters and a 6 week winter session which provides many opportunities for study abroad and experiential learning. The Career Services department guarantees to provide at least one internship for every student. The course of study at RISD offers many opportunities for individual expression but it is rigorous and demanding. Applicants should demonstrate academic achievement *and* artistic development. Students must submit a carefully developed portfolio with between 12 – 20 images. Applicants should submit standardized test scores; however, the admissions staff is most interested in a student's transcript, portfolio and essays.

Rhode Island College prides itself on offering a great education at an affordable price. The faculty strive to reach, inspire & connect. Its suburban location is 10 minutes from downtown Providence. Of the 7,600 undergraduate students, nearly 50% are enrolled in pre-professional programs in education, nursing and social work. Business, psychology, communications and justice are the other most popular majors. RIC also offers a robust theater arts program with majors in music, dance, theater and film. In addition to study abroad programs, students can choose to participate in the National Student Exchange which is a consortium of 200 colleges & universities in the US and Canada. RIC fields 19 varsity sports in the NCAA Division III. While RIC will accept applications as late as March 15, students who are interested in merit scholarships must apply by Dec 15.

New England Institute of Technology is in the process of moving to a larger, much improved campus. Residence halls are in the planning stage and when NEIT adds dormitories this will become a great college option for West Essex. NEIT offers technical training as well as the opportunity to earn an associates or bachelors degree. Applications are accepted throughout the year; students can enter during any quarter. Prior to enrollment, students take a placement test to assess their skill level in reading, writing and mathematics. NEIT promotes hands on learning. From the very beginning, students start in classes required for their major. All programs also include academic classes which are geared to the student's area of interest. The most popular majors are medical technology, computer & information systems, architectural and building sciences, automotive technology and criminal justice. NEIT takes great pride in offering the most up-to-date technology to their students. A new wind turbine was just installed which helps keep the campus "green" and also offers students the opportunity to work with that technology.

Roger Williams University is located right outside of Bristol, Rhode Island, on the banks of Narragansett Bay. It is no wonder that their sailing team is #2 in the nation right now! Roger Williams is a small, liberal arts college that also offers education for the professions. Marine biology, communications, psychology and

business are the most sought after majors. The six year program to obtain a masters degree in architecture is popular as well. Construction management is a relatively new, and unique, major. The Center for Academic Development is open to all students and provides extensive support services. Roger Williams offers a number of attractive housing options; most students live on campus all four years. The 20 different Division III teams include an equestrian program. Recognizing that the cost of education at a private college can be daunting, Roger Williams provides generous merit scholarships. Roger Williams prides itself on helping students to bridge the world with numerous opportunities for global studies and cross-disciplinary collaborations. Applicants should demonstrate a love of learning, an appreciation for civil debate and an appreciation of world issues.

Salve Regina University is well known for its Newport campus and the many millionaires' mansions that now house students and classrooms; the university should be known for offering a wide variety of majors in a small and supportive environment. Salve Regina is affiliated with the Sisters of Mercy and lives their mission of providing service to others. Freshmen are expected to perform at least 10 hours of community service. Many students enthusiastically continue with this commitment throughout all four years. The most popular majors are business, education, nursing, administration of justice, psychology & biology. Unique undergraduate programs include cultural & historic preservation and interactive communication technology. Newport offers many opportunities for experiential learning and internships. The fine arts program has blossomed with the completion of a new theater in Newport. Salve compliments these programs with robust study aboard program, independent study, a Washington semester and visiting/exchange student programs. Salve Regina fields 20 varsity teams and sponsors over 50 student run organization.

University of Rhode Island encourages students to THINK BIG but connect with other students and faculty through living and learning communities. The study body is comprised of approximately 13,000 undergraduates and 2,500 graduates. Freshman live on campus but many upper classmen opt to live off campus; housing "down the line" and closer to the beach is particularly popular. Like all universities, there is a broad array of majors to choose from. URI encourages students to double major and seek to combine their interests through interdisciplinary studies. URI is particularly proud of its Leadership Institute and offers a minor in leadership studies. Pre-professional program are available for dental, law, medicine, physical therapy and veterinary medicine. All varsity teams compete in the NCAA Division I except for football which is Division I AA. Over 100 student run clubs & organizations offer opportunities for students to pursue their passion or try something new. Smart Money magazine ranked URI first in New England for student's return on investment. As a state school, it is still a relative "bargain" for out of state students and merit scholarships are available. Applications are accepted on a rolling basis with notifications beginning in December.



Mrs. Tierney Tours Pennsylvania Colleges

Lehigh Valley Association of Independent Colleges: Bethlehem, PA

LVAIC was established in 1969 as a non-profit, charitable organization whose founding members include: Cedar Crest College, DeSales University, Lafayette College, Lehigh University, Moravian College, and Muhlenberg College. The mission of LVAIC is to make strong institutions stronger by expanding educational opportunities for students; staff and faculty; funds; and serving the local community in a variety of ways. Some of the advantages include cross registration between

campuses affiliated with LVAIC, sharing of library materials, study abroad programs, professors who teach at more than one college within the LVAIC colleges, student recruiting programs, among many other benefits of being in this strong network of colleges.

Lafayette College – Easton, PA

Lafayette College is a small, co-educational, private institution located in Easton, PA. The campus overlooks the Delaware River in a quiet tree-lined, friendly neighborhood of College Hill. With a quaint size of strictly 2400 undergraduate students, Lafayette prides itself on their ability to provide the powerful resources of a large university and the personal individualized advantages of a smaller college. They are among the most highly ranked liberal arts AND engineering programs in the nation. Despite the economy's recent plummet, Lafayette remains committed to increasing their faculty by nearly 20% while lowering their student/faculty ratio from 11:1 to 9:1. Keeping up with their "large university" feel, Lafayette also offers 23 NCAA Division I Varsity sports and has been ranked first among all Division I conferences in student-athlete graduation rates according to NCAA. Lafayette's close proximity to NYC and Philadelphia allows their students the opportunity to experience unparalleled academic and internship opportunities. Lafayette is also known for their exceptional study abroad and broad-based curriculum all focused around creating a motivated, diverse, and engaged campus community.

Moravian College – Bethlehem, PA

Moravian College is one of the sixth oldest small liberal arts colleges that has a direct link to ideas that revolutionized education in the 16th century. The college is comprised of two distinct campuses less than a mile away from each other. The Priscilla Payne Hurd Campus, or "South Campus", is located in the historic town of Bethlehem founded in 1741. The Main Street Campus, or the "North Campus", is in a cozy residential neighborhood. The North Campus is where most students spend their time in classes doing research, attending an athletic or student activity event. The South Campus has a striking historic ambiance. This campus is the home of Moravian's art and music departments. Students can live on campus, attend art classes, concerts, gallery shows and various other artistic flare. In an effort to allow students to branch out and explore other areas of interest, Moravian offers "Learning in Common". Students can take sets of courses in multidisciplinary clusters designed to compliment one another and help students make connections between fields. You can receive a Bachelor of Arts, Science, or Music degrees. Moravian truly understands the value in lifelong learning.

Lehigh University -- Bethlehem, PA

Lehigh is a very selective university that takes an innovative approach to learning by fusing traditionally separate disciplines in hopes of creating a more meaningful educational experience. This way, students can tailor their majors and minors to what interests them most. Their classroom setting is intimate with a 9:1 student to faculty ratio. The professors are known to be very involved and attentive to their students. Lehigh's vibrant campus life offers many social activities from over 150 clubs, 40 intramural and club sports and various leadership opportunities. They are also Division I in athletics for 25 different sports. Their inviting atmosphere offers something for everyone and encourages others to meet and engage with new people. In fact, they offer more than 50 internationally related cultural, social, and academic programs each year. If your student has a rigorous high school transcript with many honors and advanced placement courses and enjoys numerous extra-curricular opportunities, Lehigh just might be the place for them.

De Sales University -- Center Valley, PA

Desales University is a catholic, liberal arts institution that stresses the importance of a career-centered education with a broad-based liberal arts foundation. You will be exposed to Catholic teachings, but will also be able to explore other religions. They respect that their job is to support you on your journey of intellectual freedom. They promise to help students graduate from De Sales with a holistic sense of who they are and will stand out from others because of it. De Sales offers 37 majors to choose from with a combination of new and emerging fields and technologies. Undergraduate degrees include a Bachelor of Arts, Bachelor of Science, and a Bachelor of Science in Nursing. Most notably, their 5-year Physician Assistant Program is ranked 1st in the nation on their national standardized test scores. Additionally, De Sales offers 16 Division III varsity sports as well as intramural club sports. They have a typical class size of 18 and have 103 full-time faculty members who offer their one-on-one support on a daily basis. De Sales is proud to share that 95% of their graduates are employed or in graduate school within 6 months of graduation. Overall, students report being very happy on campus and have many activities to keep them involved not only on campus but in the community as well.

Cedar Crest College – Allentown, PA

Cedar Crest College is an all women's college that was founded in 1867. It was actually one of the first woman's colleges in the nation. They offer a flexible curriculum that allows their students to combine areas of interest like art and psychology or dance and forensic science. Cedar Crest's forensic science program is one of the few undergraduate programs accredited by the American Academy of Forensic Science. Cedar Crest's nursing program is also well known with state-of-the-art labs and their accredited nutrition program has a nearly 100% acceptance rate for highly-coveted nutrition internships. Cedar Crest also offers a B.S./M.Ed. program, an M.S. in forensic science, and an M.S. in nursing. The College fields teams in 8 NCAA Division III sports as well as an equestrian team. The College's national gold award-winning health and wellness program offers yearlong programs on body, mind and spirit. Students can participate in over 60 clubs and organizations, including the national award-winning newspaper, a wildly successful forensics team, and performance opportunities through active theatre and dance programs. Community service is also an integral part of the Cedar Crest experience. If you are a young woman who would like the opportunity to strengthen your leadership skills and you welcome a close-knit cozy atmosphere that is centered on an 84-acre campus which is a nationally registered arboretum with more than 130 species of trees, Cedar Crest might just be the place for you!

Muhlenberg College - Allentown, PA

Muhlenberg College is a small liberal arts college that helps students develop as independent critical thinkers. They stress the importance of preparing students for lives of leadership and service. They offer a Bachelor of Arts and Bachelor of Science. They also offer Pre-Professional Programs in Pre-Medicine, Law, and Ministry, as well as physical therapy, occupational therapy, and elementary and secondary education. Professors are very involved in their student's lives and their student faculty ratio is 12:1. Muhlenberg is well known for their music, dance, and theatrical productions as well. All of their performance opportunities are open to both majors and non-majors. Muhlenberg has 22 Division III sports and numerous clubs and organizations to be a participant of. The campus is beautiful and someone is always there to hold the door for you. If you are a student who is friendly, scholastically involved, driven to succeed, and love to contribute to your community, Muhlenberg would be the place for you.

Students Selected to Youth Advisory Committee

Erica Lieb and Ken Wangner were selected to serve on Congressman Frelinghuysen's Youth Advisory Council this year. Several years ago, Congressman Frelinghuysen established the Youth Advisory Council to provide students in his district with an opportunity to learn more about government and public service. Congressman Frelinghuysen meets regularly with the council to discuss our government's role in current issues. This year, he focused on the importance of an accurate and complete census. Students also had the opportunity to tour a variety of government agencies. On the tour of the U.S. Secret Service, they met with agents and learned about the agency's dual mission to safeguard our nation's financial infrastructure and to protect national leaders.



Seniors Share Independent Study Experiences

Congrats to our Independent Study students for completing most impressive courses of study. Each year, our Board of Education approves an Independent Study program for those seniors who have a particular goal and focus in an area of study that is not being offered in any course work at West Essex. Through Guidance, we encourage the student to select an area of study to work on, a teacher-mentor to work with, and to brainstorm how a curriculum can be developed. The final application proposal is presented to Mrs. Longo and Mrs. Shanley, the Curriculum Development Supervisor; students are then selected for Board approval. This year, our students have gone above and beyond to present an impressive array of academic excellence in their presentations to our Board of Education. **We commend: Eliot Alter** for his work in Advanced Computer Science in conjunction with a Tufts professor and Ms. Falconieri; **Thomas Collins** for his Creative Writing finds, and his poetic publication, as he closely worked with Mrs. Bailey; **Sarah Ganton** for her work in AP Government and Politics, with the guidance of Mrs. Vaknin, a course of study that will be offered next year as an AP class; **Owen Gantz** in the study of the Mandarin Chinese Language and Culture with the help of Ms. Lo; **Kimly Do and Dan Rosen**, a dynamic duo in a series of Engineering projects with the help of Mrs. McNaught; **Alyssa La Spisa** worked in Fashion Design with the assistance of Mrs. Dormer; **Ryan Soroka**, with the collaboration of Ms. Mondadori, explored Entrepreneurial Business. Well done!!!

Middle School News

As the 4th quarter begins and the weather turns to sunny days and warm nights, staying focused is the key for a successful fourth quarter. Talk to your sons and daughters. Don't let their focus get clouded. Be there to push them, challenge them, and hug them. They need your help to show them how to be successful and responsible; then good things will happen.

PARENT QUIZ

Will you prevent the "summer slide?"

Most children experience a loss of learning over summer vacation when they're not in school. Answer the following questions "yes" or "no" to see if you will be helping your child keep his mind engaged this summer.

1. Will you encourage your child to read every day?
2. Will you let your child plan at least one family outing?
3. Will you have your child prepare meals for the family or help with budgeting?
4. Will you ask your child to keep writing, such as keeping a journal and writing long letters and emails to family and friends?
5. Will you urge your child to be active through running, swimming, walking or another outdoor sport?
6. Will you find time to talk with your child about his/her hopes and dreams, thoughts about friendship, growing up, and the everyday sorts of problems that might arise?

If you are looking for ideas for summer enrichment, your child's guidance counselor can provide you with information regarding summer opportunities.

"The most wasted of all days is one without laughter." ee cummings

FAMILY VOLUNTEERING: Summer is a great time to spend valuable time together by volunteering.

You can find volunteer opportunities by typing your zip code into the United Way's Web site: www.liveunited.org. Or <http://www.volunteermatch.org>

There are many reasons to start volunteering:

- ✓ To help others
- ✓ To learn about an activity or organization that interests you
- ✓ To gain valuable job skills
- ✓ To make a difference in your community
- ✓ To share your expertise and passion
- ✓ To make professional contacts
- ✓ To have fun

Your reasons for volunteering are as individual as you are, but no matter what your reasons you can get a lot out of volunteering.

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

Anne Frank

*Important **ADD / DROP** Reminder*

Elective Drop/Add

- * **The first drop/add period is 6/14/10 – 6/25/10 for the school year 2010 – 2011.**
- * **The second drop/add period is 9/7/10 – 9/21/10.**
- * **The third drop/add period is 1/26/11 – 2/9/11 (for second semester courses only).**
- * Dropping a course after the drop/add period in September will result in a WP or WF on the student's report card and permanent transcript. This will necessitate placement in a study hall. No more than one study is permitted.
- * **All WPs and WFs must be made by 10/2/10 for all full year and first semester courses and 3/14/11 for second semester courses.**
- * All drop/adds require signatures from the student, parent, teacher(s) and department supervisor(s).
- * The student must continue to attend all scheduled classes until he/she has been issued a new schedule from his/her guidance counselor.
- * All schedule changes are dependent upon seat availability.

National Honor Society Offers Final Exam Tutoring Services

It's that time of year, again! The National Honor Society will be hosting the **Annual Final Exam Tutoring Sessions**. Students will have the opportunity to receive one on one and group tutoring in any subject from an NHS member. Services will be available from **6:00 – 8:00 p.m.** in the high school cafeteria. **Dates are:** Monday, June 14th, Tuesday, June 15th and Wednesday, June 16th.

Final Exam Schedule

Wednesday, June 23

7:45 a.m. – 9:15 a.m. Period 4 Exams
9:40 a.m. – 11:10 a.m. Period 3 Exams
11:35 a.m. – 1:05 p.m. Period 9 Exams 1:05 p.m. Dismissal and bus service
1:20 p.m. (Extra Time) Room 514 - NO 2:35 P.M. Bus

Thursday, June 24

7:45 a.m. – 9:15 a.m. Period 6 Exams
9:40 a.m. – 11:10 a.m. Period 1 Exams
11:35 a.m. – 1:05 p.m. Period 5 Exams 1:05 p.m. Dismissal and bus service
1:20 p.m. (Make up Exams/Extra Time) Room 514 - NO 2:35 P.M. Bus

Friday, June 25

7:45 a.m. – 9:15 a.m. Period 7 Exams
9:40 a.m. – 11:10 a.m. Period 2 Exams
11:35 a.m. – 1:05 a.m. Period 8 Exams 1:05 p.m. Dismissal and bus service
1:20 p.m. (Make up Exams/Extra Time) Room 514 - NO 2:35 P.M. Bus



As We Wind Down

Seniors . . . your tuition deposit is in, or you have secured a job, or the military may be in your future all the best in whatever path you've decided to journey!

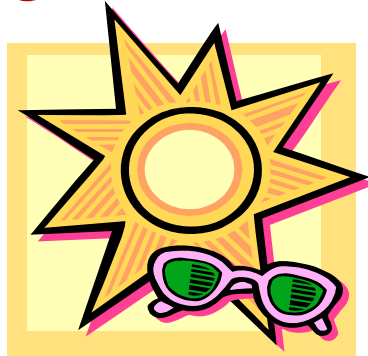
Juniors it's your turn to get the college process clearly organized. Your standardized tests are in place, you've visited colleges, and you'll begin to narrow down your list. Work on your essay this summer, and think about internships, volunteer work, taking courses, or working; opportunities that will enhance your resume'. Be prepared for the application process in the fall.

Sophomores time to think about possible community service activities, courses you can take in fields you would like to investigate, or to further your knowledge. Take some road trips to colleges or inquire about certain career paths. Do your investigative homework to prepare yourself for your future.

Freshmen be sure that the final results of your first year of high school are the best they can be. Plan ahead by taking courses that will benefit your future at West Essex. Volunteering is important. Giving back to the community is noteworthy!

Seventh and Eighth Grade . . . it's never too early to begin focusing on your future. What are your talents and skills? What careers interest you? Whatever path you may take, it's always important to keep up your grades!

Have a great summer!



Guidance Department

Director

Ms. Kelly Peterfriend

Counselors

High School

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

Middle School

Mrs. Theresa Imhoff
Mrs. Valerie Robinson