



Montgomery High School Guidance News

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Volume 9 Issue 4

April 2020

News



MHS

It is an unprecedented time and I would like to take this opportunity to thank our incredible staff, students, and families for rising to the challenge of distance learning. While we maintain our physical distancing, we must remember to stay socially connected to our friends and families. Keep up the incredible work you are doing and know that the MHS counselors are here to support all of you. We look forward to welcoming you all back as soon as we possibly can.

Seniors

Please be sure to let us know your plans for further education, the workplace or the military. **(complete the Senior Survey in Naviance, including your college application results).**

As you are making your college decisions, please see this article from NPR:

[How to Pick a College During Coronavirus](#)

If you applied for a scholarship through the United Scholarship process and checked that you were interested in an interview, you will be contacted via email to set up an alternative to an in-person interview.

Advanced Placement Exams Update

General Information:

- AP Exams this year will be open book/note.
- AP Exams will be taken by students at home.
- Exams will be given from May 11 through May 22.
- Each subject's exam will be taken on the same day at the same time, worldwide.
- Students will need to indicate through [My AP](#) the college, university, or scholarship program they'd like to receive their free score report. Students indicate this information only through My AP. They no longer provide this information on their answer sheets. The deadline to indicate or change their free score report recipient through [My AP](#) is **June 20**.

For additional details, please see the [Advanced Placement letter](#) dated April 3rd with updates from April 13th included.



Summer Assignments:

Students, please remember to complete any summer assignments and summer reading for any classes. Do not wait until the end of the summer! Summer assignments can be found on the department websites of the high school web page.



Check the S.O.A.R. website for updates on the MTSD summer offerings

Other Summer Courses

Students who take a summer course either online or in a traditional classroom must fill out an Option II form and submit it to the Guidance Department **BEFORE** registering to be able to gain credit. This includes students who have either failed a course or are taking a course for advancement. The Option II application can be found on the Guidance website of the high school under "Option II/Summer School" and must be submitted by May 17th for courses to be completed during the summer.

Scheduling for 2020-

If a student did not meet the pre-requisite to be placed into an HONORS or AP course for next year, they may apply to waive into that course. Waiver application forms can be obtained from their teachers. The online applications must be completed in full and be submitted to their current subject area teacher by April 30th

Students will be informed of an approval or denial by June 3rd.

NO WAIVER FORMS WILL BE ACCEPTED AFTER April 30th.

All other course request changes need to be in to counselors by April 21st - changes will not be made after this date.

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

—Christopher Reeve

Montgomery High School

Juniors

Now more than ever, the MHS school counseling team is mindful of the physical, emotional, and financial stress that students and their families experience every day. The MHS school counseling team understands that many of you are handling multiple tasks during these challenging times and yet you must look to the future and help your children plan for their life after graduation, which will be here before we know it. In order to assist you in this planning we have compiled information for a [Virtual College Process](#). Please do not hesitate to contact your child's counselor for assistance in this process.



Class of 2021:

Over the summer, please log in to *Naviance* and complete the "Student Brag Sheet" and "Activities Resume" which can be found under the "About Me" tab. Also, parents need to complete the "Parent Point of View" in that same location. Until these items are completed school counselors cannot send out materials to colleges in the fall.

CLASS OF 2021



Opportunities

The "Opportunities" postings, previously on the guidance department website, have been modified. In an effort to increase awareness, the opportunities will be e-mailed to registered students through Naviance. These include programs such as Governor's School, the Prudential Spirit of Community Awards and so forth. Opportunities are characterized as programs which are not tuition or fee based. They run the gamut from awards to educational and leadership programs.



May is Mental Health Awareness Month

From **NAMI** (National Alliance on Mental Illness)—How to protect your mental health during the Coronavirus outbreak:

1. Maintain a routine
2. Take reasonable precautions, but don't go overboard
3. Find ways to "get going"
4. Try not to fixate on sleep
5. Stick to consistent mealtimes
6. Follow your regular mental health treatment plan
7. Practice mindfulness and acceptance techniques
8. Be kind to yourself

General Information

Please access:

[Resources for the Montgomery Community](#) for information on Community Resources, Mental Health, Mindfulness, and Support. This website was created by the MHS Counseling Team to assist all of our families during this challenging time.

A big Monty **THANK YOU** to all the doctors, nurses, delivery drivers, postal carriers, and all other essential personnel who are keeping things running while we continue to physically distance ourselves.



Public Health
Prevent. Promote. Protect.

Montgomery Twp NJ Health Department

Also serving the Boroughs of Hopewell, Pennington & Rocky Hill

Counselor Availability: Counselors will have limited availability to voicemail and e-mail over the summer. They will return e-mails and messages at their earliest convenience upon their return to Montgomery.

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.

— Elizabeth Edwards

For updates on local information:
[Montgomery Township Health Department](#)

