



Counseling/Guidance News

MONTGOMERY HIGH SCHOOL

Volume 10, Issue 2

News



MHS

The start to this school year, although far from what we would typically expect, has been very smooth. The staff has been working diligently to make both the hybrid and virtual models into a positive learning experience. Students at all grade levels have demonstrated their resilience and are seeing success in academics, athletics, and co-curricular activities (most of which continue to be virtual). We are looking forward to our students' continued growth and accomplishment.

Go Cougars!

Corie Gaylord

Director of Student Academic & Counseling Services

Make sure to submit to your Transcript Request Form (TRF) for every application at least 15 SCHOOL DAYS prior to the application deadline.

Ms. Hampton's Transcript Request Form 20-21

This form is only for seniors on MS. Hampton's Localist. Your email address (cggp@msd.net) will be recorded when you submit this form. Not your @msd.net account

* Required

First name (as shown on your transcript):
Your address:

Last name (as shown on your transcript):
Your address:

Student ID # (your lunch code):
Your address:

Parent/Guardian Name:
Your address:



College Visits:

~College visits have all been virtual this year. Almost 70 colleges held virtual information sessions with MHS students.

~Every week an eblast has been going out to parents/guardians of juniors and seniors with opportunities for virtual college events.

In case you missed it, here is the October presentation by Peter Van Buskirk: ["College Admissions in the Era of COVID-19"](#)

December 14: Rider Instant Decision Day

November 2020



Helpful Resources:

Child Mind Institute: [Tips for Managing Stress and Anxiety This Winter](#)

[Resources for Montgomery Families during Hybrid/Virtual Learning](#) is an MHS Counseling Department website with many useful resources.

[Good Grief](#) COVID-19 Resources & Updates

The Department of Human Services has the [Directory of Mental Health Services](#), this directory is sorted by New Jersey county, making it easy to find resources in your area.

[New Jersey Mental Health Cares](#) offers behavioral health information and referral services, and they can be reached via phone or email.

[NAMI](#) (National Alliance on Mental Illness), which offers support groups and a helpline. Some NAMI affiliates offer an array of peer-led programs that provide free education, skills training and support.

SENIORS

Application Deadline:	TRF Deadline:
Nov 1, 2020	Oct 18 2020
Nov 15, 2020	Oct 22 2020
Dec 1, 2020	Nov 4, 2020
Dec 15, 2020	Nov 21, 2020
Jan 1, 2021	Dec 2, 2020
Jan 15, 2021	Dec 13, 2020
Feb 1, 2021	Jan 10, 2021
Feb 15, 2021	Jan 27, 2021
Mar 1, 2021	Feb 7, 2021

Reminders:

Please check the Guidance website for updates on scholarships and other opportunities.



Fight for the things that you care about, but do it in a way that will lead others to join you.

— Ruth Bader Ginsburg



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MHS Alumni Group

~LinkedIn group for MHS alumni
~Looking for graduates of MHS to network with other alumni and let us know where they are now and what they brought with them from MHS

If you know a recent graduate of MHS, please ask them to email Corie Gaylord (cgaylord@mtsd.us) to join the group.
We would love to hear from recent MHS alums!

If everything was perfect, you would; never learn and you would never grow.

—Beyonce Knowles-Carter



COLLEGE Scholarships

Scholarships:

- ~Can help alleviate the burden of the cost of college
- ~Posted on the scholarship link on the Guidance webpage
- ~Scholarships are “free monies” awarded by the government, private institutions and organizations, charitable foundations, schools, universities, etc.
- ~If a scholarship program claims that you need to spend money or join their membership—**BEWARE!**
- ~Most abundant from Sept.-Feb. for seniors
- ~Encourage your child to write that extra essay; it could be well worth it!



SAC Corner

SPOTLIGHT

The People Project

Our Mission: To address current trends, hot topics and relevant issues with the student body through interactive, fun campaigns!
Follow us on Instagram:
#mhspeopleproject

2020-2021 Members

- Neil Avant
- Bobby Battle
- Zachary Feola
- Rahul James
- Alex Levy
- Sejal Molakaseema
- Awakhiwe Ndlovu
- Noa Ran Ressler
- Anya Sharma
- Diya Sethi
- Prabhav Somraj
- Sophie Wang
- Syeda Zaina Tirmizi

The People Project also kicked off their Spotlight Speaker Series this fall. Dr. Stacey Delbridge shared insight and expertise on the reality of navigating MHS through hybrid/virtual learning and its effect on our mental health. She recognized that “acceptance is the first help, but it really is a lifelong process”. She reminded us of the importance of utilizing coping skills and tools, especially during this uncertain time. The student body were also invited to ask questions of their own. The interview team, comprised of members of the People Project, did a wonderful job of providing a platform for Dr. Delbridge. The full interview is accessible on the People Project’s Instagram page. Let us know what you think!

The People Project will continue to highlight an array of guest speakers throughout the school year. If you have any suggestions or topics that you would like to learn more about, please reach out or direct message the People Project on Instagram. For more information on upcoming events, please feel free to contact, Christine Grossmann at cgrossmann@mtsd.us



The People Project at Montgomery High School introduced “Music Mondays” this school year. Music Mondays are available on their Instagram page highlight reel. Please follow [mhspeopleproject](https://www.instagram.com/mhspeopleproject) to enjoy some positive musical energy set behind some beautiful landscape and imagery to help you start your week with a sound

