



Counseling/Guidance News

MONTGOMERY HIGH SCHOOL

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News



MHS

The new school year is now well under way and students seem to have settled in to their schedules. It is wonderful to see not only their academic success, but also the level of participation and accomplishments in sports and co-curricular activities.

Go Cougars!

Corie Gaylord

Director of Student Academic & Counseling Services



Helpful Resources:

[Cougar Zen Den](#)

[The Child Mind Institute](#)

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.

Additional resources on page 2.



November 14: Financial Aid virtual presentation by HESAA 7PM

November 17: FAFSA workshop. In person 4-7pm MHS Media Center

December 3: SAT

December 6: PSAT scores will be available through your child's College Board account. Instructions to access your child's scores will be sent out the 1st week in December.

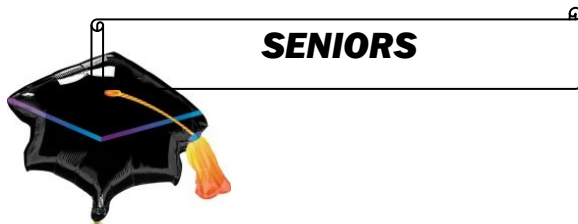
Early January: Junior college presentations.

Mid-February: Begin course selection for 2023-24

College Visits:

~Colleges have resumed in-person visits. Please check Naviance for dates and times. Students must register in advance to attend.

SENIORS



All information for seniors regarding the college application process can be found in the counselors' Google Classroom. Here are the links for:

[The College Application Process packet](#)

[The College Process Presentation](#)

Please make sure your children check the Google Classroom regularly for updates.

Reminders:

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

If you think positive thoughts, you'll create a positive world around yourself and attract positive people to you.

— Olivia Newton-John

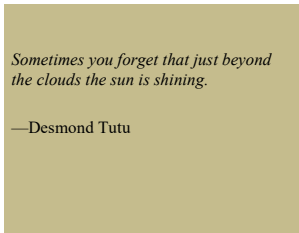


Counseling/Guidance News

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!



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

The mission of the People Project is to address current trends, hot topics, and relevant issues with our MHS student community. We look forward to sharing some new interactive presentations this school year with all of you!

The People Project at Montgomery High School introduced “Music Mondays” again this school year. Music Mondays are available on their Instagram page highlight reel. Please follow @mhspeopleproject to enjoy some positive musical energy set behind some beautiful landscape and imagery to help you start your week with a sound mindset!



Montgomery Police Department Partners with MHS!

On November 7th, Detective Christopher Bleistine and Christine Grossmann, SAC presented to our MHS Faculty. They shared current community trends related to substance misuse and mental health. Detective Bleistine shared his expertise in the identification of those under the influence of a substance detailing signs and symptoms and key indicators. Christine introduced our faculty to a new referral procedure utilizing a google form for ease and efficiency. Together, Detective Bleistine and Christine Grossmann emphasized the significance of early intervention, especially with high school aged students. Many unhealthy behaviors often begin during adolescence and represent major health challenges. Substance misuse has a major impact on individuals, families, and communities, as its effects are cumulative in nature. It is important to intervene early and connect those in need with community and school supports!

Resources and Support!

Stay Informed: [MHS's Morning Announcements](#)

YOU ARE NOT ALONE: THE ZEN DEN

If this is a true mental health emergency, please call PESS at 908-526-4100 or dial 911.

Additional mental health resources:

- *2nd Floor Youth Helpline (Call or text): 888-222-2228
- *NJ Hopeline: 855-654-6735
- *Crisis Text Line: Text HOME to 741741
- *new* National Suicide & Crisis Line: 988
- *NJ MentalHealthCares: 1-866-202-HELP (4357)
- [Quit Vaping Now!](#)

Additional Resources:

- [AA Meeting Finder \(by town or by zip code\)](#)
- [NA Meeting Finder](#)
- [NIDA Publications](#)
- [CDC Teen Drug Abuse](#)
- [CDC Drug Abuse](#)

For more information, contact Mrs. Christine Grossmann at cgrossmann@mtsd.us