



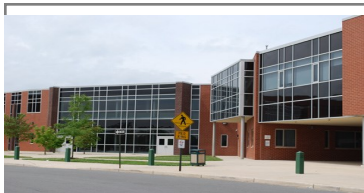
Montgomery High School Counseling/Guidance News

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News



It's hard to believe that we are already at the mid-point of the year. Seniors are preparing for post-MHS life. Counselors shared a presentation with juniors on the college process and are prepared to meet with them to discuss their plans. A presentation will be posted online for the sophomores about what lies ahead. Freshmen will be re-introduced to Naviance and the many applications it has for them during course selection. They can complete the Learning Styles Inventory on their own. It can provide useful information for their high school years and beyond. Please take some time to familiarize yourselves with Naviance, as it is a valuable tool for all grade levels.

Corie Gaylord,
Director of Student Academic
& Counseling Services

*For there is
always light,
if only we're
brave enough
to see it,
if only we're
brave enough
to be it.*

— ARANDA GEMALI
17 years old, national poet, 1st place

When do students schedule classes for next year and how do they choose their classes?

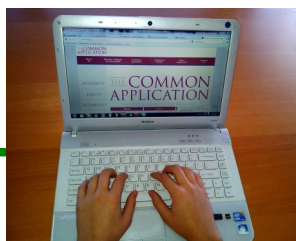
Counselors will begin to meet with students during the week of February 7th, beginning with the junior class and working in succession each week with the sophomores and freshmen. Please review the Program of Studies (available on the MHS Guidance Website: [Program of Studies 2022-23](#)). Please note that teachers and counselors will make scheduling recommendations based on established prerequisites and what is best for your child. If your child does not meet prerequisites for a course or is not recommended by their teacher and still wishes to take the course, they may fill out a waiver application. Waiver applications will be available from teachers only and must be submitted by May 1st to receive consideration. All final waiver decisions will be communicated by June 1st.

*We will be asking students currently in grades 9-11 to input their course requests in Genesis prior to meeting with their counselors. An email will go out very soon for current juniors. There will be a one week window for each grade level to input their requests.



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Juniors and their parents:

On January 28th at 12:30pm the counselors will provide a virtual presentation for all parents of juniors to review the college search and application process. All of the information presented will be available on the MHS Counseling website after the actual presentation. Please remember that one of the most important tools for this process is Naviance.

Please access the presentation on the [Counseling/Guidance website](#).



Reminder for Seniors:

If schools to which you have applied have requested mid-year grades, please request the mid-year grades in Naviance. Make sure to follow all directions.

Don't forget to fill out the graduation survey!

Life's most persistent and urgent question is, what are you doing for others?
~Martin Luther King, Jr.

Montgomery High School

Counseling/Guidance News



Upcoming Events:

January 27th: 2nd semester begins.

February 7-11 National School Counseling Week. Thank a school counselor for all that they do for our students.

February 4th: Grades for semester 1 will be viewable on Parent Resources.

February 9th: Building Resilience Through Loss & Adversity. Presented by Good Grief.

February: Throughout February we will begin course selection for next year, beginning with the junior class, and ending with the rising 9th graders the second week of March.

Scholarships:

Scholarship opportunities offered through the PTSA, SEPTA and United Scholarships are posted on the Counseling/Guidance website. The deadline for these applications is March 17th. So, don't delay. Watch the morning announcements for more information. Seniors, there are many available; you should apply for all scholarships for which you are eligible. Check Naviance for a list of potential scholarships as well as collegescholarships.org

Parents: The most challenging part about scholarships is that they often require students to write an essay. ***Please encourage your children to take the time to write these essays. It could be well worth their effort!***

It's FAFSA Time!

The FAFSA is used to apply for federal financial aid; however, many colleges, universities and career schools use your FAFSA information to award state and college aid. The process is free. **Never pay to apply for federal financial aid.**

You will need an FSA ID to "sign" your online FAFSA and make corrections to the application. You can get your FSA ID before you begin or as you complete the FAFSA. Be sure you meet application deadlines. For deadlines as well as additional FAFSA information, visit www.fafsa.ed.gov.

<https://studentaid.ed.gov/sa/fafsa>

OR you may call 1-800-FED-AID

For the 2022-23 school year you will need financial information from 2021.



We are excited to continue our summer programs under the umbrella of SOAR: Montgomery's K-12 summer programs which include our credit courses for high school students. We will once again offer **classes both for credit and for enrichment** in the summer of 2022.

The full, five-credit, classes which will be offered are Geometry and Algebra II. The half, 2.5 credit, class which will be offered is Financial Literacy,

Please watch for additional information from the SOAR program that will be available soon.

Registration for these classes will begin in late winter and run through Memorial Day. Any questions can be directed to Monica Clewell, SOAR Supervisor, or Keith Glock, 7-12 SOAR Coordinator at soar@mtsd.us

Municipal Alliance News:

January is Mental Wellness Month. Listed below are some links to an insightful article with tips on how to improve your mental well-being. As we continue to deal with the ongoing pandemic and related issues, it is more important than ever to focus on our well-being. There's no better time than the beginning of a new year to take stock of your mental health and learn new ways to improve your overall well-being. The World Health Organization, which you're probably familiar with as WHO, [defines mental wellness](#) as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

This doesn't mean that you simply have an absence of mental health issues. It also does not mean that you're just coping well with any disorders that you may have. Mental wellness refers to having positive characteristics that allow you to thrive, even during times of stress. To learn more about these positive characteristics and how to improve your mental wellness, please read: [What is Mental Wellness?](#)

Free Webinars- Starting in 2022, Johnny's Ambassadors offers monthly expert education for teens on youth substance abuse, mental health, and suicide prevention. These webinars are FREE for participants, due to the kind donations from our supporters.

Please go to [Johnny's Ambassadors](#) to register and feel free to share with others as well. When you register, you'll receive login information via email from GoToWebinar. All times listed are in the Mountain time zone.

SAC Corner: The latest happenings from Christine Grossmann

In the Community:

What's trending? DELTA-8 is in Somerset County. Delta-8 THC is a cannabinoid, existing naturally in hemp, in small concentrations. It is chemically similar to CBD and Dg-THC (found in marijuana) and creates a mental high. DELTA-8 became federally legal with an amendment to the 2018 Farm Bill. Under the 2018 Farm Bill Delta-8 products cannot contain more than 0.3 % THC. However, these products are not federally regulated. You must be 21+ to purchase any Delta-8 THC products. There is some more detailed information courtesy of Safe Coalition Hunterdon/Somerset, Prevention Resources, RVCC, and Empower Somerset linked in the article below:

[Delta-8 Infographic - HC SC.PDF](#)

CADCA (Community Anti-Drug Coalitions of America) shares the National perspective on DELTA- 8 here:

[DELTA 8 CADCA What's trending?](#)

If you have any additional questions or concerns, please feel free to reach out to Christine Grossmann, SAC @ cgrossmann@mtsd.us