



# Counseling/Guidance News

MONTGOMERY HIGH SCHOOL

Volume 11, Issue 2

November 2021

## News



### MHS

We were so pleased to welcome all students back into the building this year! Although we are still working on getting back to what was considered “normal,” students at all grade levels have demonstrated their resilience and are seeing success in academics, athletics, and co-curricular activities. We are looking forward to our students’ continued growth and accomplishment.

#### 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 11:** [Escape the Vape](#) virtual presentation 6-7:30pm

**November 15:** Financial Aid virtual presentation by HESAA 7PM

**December 4:** SAT

**December 7:** 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 2022-23

### College Visits:

~College visits have remained virtual this year. Please check Naviance for dates and times.

In case you missed it, here is the October presentation by Peter Van Buskirk:

[The Admissions Game](#)

## SENIORS



All information for seniors regarding the college application process can be found in the counselors’ Google Classroom. For a link to the presentation and the packet that is posted in the classroom, please go to [The College Admissions and Application Process 2021-22](#)

Please make sure your children check it regularly for updates.

### Reminders:

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

*Once we choose hope, everything is possible.*

— Christopher Reeve

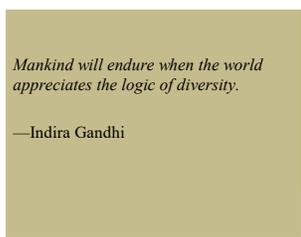


# Counseling/Guidance News

## 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

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

## 2021-2022 Members

- Gowri Bajagur
- Bobby Battle
- Audrey Chang
- Snigdha Joshi
- Maya Mehta
- Sejal Molakaseema
- Awakhiwe Ndlovu
- Jiya K Patel
- Anjali Shah
- Anya Sharma
- Prabhav Somraj
- Aarya Suriyanarayanan
- Sophie Wang
- Flora Xia

## Additional Resources: shared by Mrs. Grossmann:

**Operation Helping Hand (OHH)** Initiative is a program where law enforcement plays an integral part in identifying individuals with substance use disorders and together with community partners serves as a point of entry into treatment and/or recovery support services. By conducting door-to-door outreach or by deploying the NEW mobile van, Somerset County's OHH's goal during each encounter is to have law enforcement, accompanied by recovery support specialists, engage residents in need by providing on-the-spot referrals to treatment and other resources.

**Reach4Recovery** is a cost effective, fully integrated, community focused wellness and recovery support program designed to support individuals in recovering from co-occurring and/or substance use disorders for individuals that are residents of Somerset County.

**Care Plus NJ, Inc.** (“CarePlus”) is a 501©(3) non-profit organization that provides comprehensive, recovery-focused integrated primary care, mental health care, and substance abuse rehabilitation services.

For additional information, contact Mrs. Grossmann at [cgrossmann@mtsd.us](mailto:cgrossmann@mtsd.us)



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](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 mindset!

