



# Counseling/Guidance News

MONTGOMERY HIGH SCHOOL

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*From the desk of . . . Corie Gaylord, Director of Student Academic and Counseling Services:*

The counseling/guidance staff has been working all summer preparing for another terrific year at MHS. Counselors have been reviewing students' schedules in order to best provide balance, satisfy graduation requirements, and provide avenues for students to pursue their interests. It remains our focus to assist students in maintaining a balance between academics and social and emotional development in order to help students prepare for life beyond the high school. The College Series presentations offered throughout the school year provide information

## Welcome to the 2019-20 school year!

about college applications, financial aid, standardized testing, etc. which can help make the college admission process much less stressful (see p. 2). Much of this information will also be presented to students in their classrooms. Throughout the year counselors will be meeting with all students to assist them in establishing personal goals and developing future plans.

We are continuing this year with Evolution Labs/Suite 360 at MHS along with the parent component of the program. This program supports the district's social and emotional learning goals and will communicate to students about other important topics and issues, such as stress management, academic integrity, and managing emotions. A letter will be going out soon with information on how parents can sign on. Wishing you all a great year!

*Corie Gaylord*

### Course Attendance:

The importance of students attending classes and the importance of parents/guardians support in ensuring that students are in school cannot be stressed enough. Please remember to supply documentation to the school for an excused absence (please see the Student Handbook for more details on the attendance policy).

At regular intervals the Counseling Dept. will be notifying parents to check Genesis to see if an attendance letter has been generated for their child(ren) regarding class absences. **Please pay careful attention to these letters as excessive absences are often reflected in academic performance and can potentially lead to loss of credit.**

### Counseling/Guidance Newsletter

- E-COMMUNICATION WILL BE SENT THROUGHOUT THE SCHOOL YEAR TO KEEP OUR MHS FAMILIES INFORMED
- EACH QUARTER, IT WILL BE IN THE FORM OF A NEWSLETTER
- REMINDERS OF IMPORTANT DATES AND EVENTS WILL BE SENT OUT VIA E-BLASTS
- MHS COUNSELING/GUIDANCE WEBSITE: [HTTP://WWW.MTSD.K12.NJ.US/MHSCOUNSELING](http://www.mtsd.k12.nj.us/mhscounseling)
- DISTRICT COUNSELING/GUIDANCE WEBSITE: [HTTP://WWW.MTSD.K12.NJ.US/DOMAIN/1340](http://www.mtsd.k12.nj.us/domain/1340)

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Naviance is an important tool for students and parents. It helps students learn more about themselves in order to direct them in their college and career choices as well as assists tremendously in the college process. All students, freshmen through seniors, should already have log-in information to access Naviance

ance (<https://connection.naviance.com/fc/signin.php?hsid=monthsni>). If you do not, please reach out to your counselor.

All freshmen will be asked to complete a "Learning Styles Inventory" to better understand how they learn as they transition into high school.

Sophomores will be asked to complete a "Do What You Are" survey that will highlight

their career interests. We are also planning a Career Fair in December where students can explore a variety of career options connected to their interests.

Juniors and Seniors will be utilizing Naviance for their post-secondary planning (Seniors and senior parents please see page 2 under "Tips for Seniors"). It is also the site to find when colleges are visiting MHS and through which recommendation letters are processed.

# Counseling/Guidance News



## Senior Notes

### Tips for College-bound Seniors:

- It is time to ask for letters of recommendation. Give it careful thought. The person should know you well and be able to highlight your strengths.
- This would be a great time for parents to complete the "Parents Point of View" in Naviance and for students to complete their "Student Brag Sheet!" This will assist counselors in the recommendation letter process.
- Narrow down your list of colleges. Take notes on each school of interest. Check Naviance for college visits to MHS.
- Know the deadlines for admission, financial aid, etc.. If you are applying early decision/action, some deadlines are as early as November 1.
- Research financial aid and scholarship opportunities.
- Begin your college application essays.

### College Visits to MHS:

Every year there are at least 125 college admissions representatives who visit MHS to meet with students and answer their questions. To see a list of colleges and when they will be visiting, access Family Connection in Naviance. **Students must register to attend.**



### Reminders:

- Print out student schedules (available after August 23rd in Genesis if you have submitted all required forms) for students to bring in the first day of school (Note: they may still be subject to change due to courses taken over the summer).
- Sophomores and juniors, remember to register for the PSAT on October 19. Registrations will be completed online through Total Registration (Check Guidance website for updated information).

## Upcoming Events—mark your calendars!



### AUGUST/SEPTEMBER

**August 23:** Schedules will be viewable at 3pm, if all required forms have been completed.

Please also remember to submit consent forms for depression screening to [cgaylord@mtsdsd.us](mailto:cgaylord@mtsdsd.us).

**August 28:** Freshmen Orientation 12:30-2:30pm. Students should meet in the MPAC with a printed copy of their schedule. A co-curricular fair will be part of the program and Yearbook pictures will be taken.

**September 16:** Back to School Night 6:45pm

**September 23:** Our Guidance Department *College Series* begins with a program for parents of **seniors** on the college application process. View the live webinar at noon!

### OCTOBER

**October 16: The Admissions Game** Peter Van Buskirk brings an interactive program about the selective college admissions process, leaving students with practical strategies for competing successfully in a field of equally qualified applicants. MPAC at 7pm. Geared toward students;

parents are welcome to attend.

**October 19:** PSAT administration for sophomores and juniors who register (see above). 7:30-11:50am

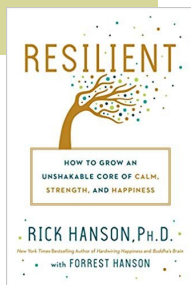
### NOVEMBER

**November 11:** *College Series* Program-Financial Aid MPAC at 7pm

**FYI:** December 1st is the last day for transcript requests for January 1 application deadlines. Make sure you plan ahead.

*What's important is that you make the leap. Jump high and hard with intention and heart*

-Cheryl Strayed



what i'm  
**READING**

## Freshmen Counselor Assignments

Aboudele Leil-Chaturvedi	Apel
Chavan-Gale	Glock
Gallagher-Kane	Ritson
Kapoor-Molakaseema	Saleem
Montoya-Rao	Conway
Rawal-Swaroop	Pogue
Swearingin-Ziaie	Hampton

