

College and Career Counseling Center Newsletter

Monroe Township High School

<http://monroenj.schoolwires.com/domain/129>

March 2017

From the Counseling
Office...



Please read this wonderful March edition where you will find important dates, student opportunities, and scholarships.

In this issue:

Counseling Office	1
Dates/Events	1
SAT/ACT	2
Student opportunities and scholarships	3-6
Excellent student tips	7
Student Assistance Corner	8

March Activities- Mark your calendars!

8th grade orientation will be held on Tuesday March 7, 2017 at 6:30pm at Monroe Township High School.

SAT Testing- Monroe Township High School will be administering the SAT's on Saturday March 11, 2017.

College Fair- This event takes place for students on Thursday March 23, 2017, in the Media Center from 9:00 am to 12:30 pm.

PARCC- Test administration will take place from March 27, 2017 - April 3, 2017.

April Activities- Mark your calendars!

***DATE CHANGE for the Parent College and Career Academy-** Doreen Mullarney, Student Assistance Counselor, is hosting a presentation that will focus on teen stress and making healthy choices facilitated by Matt Bellace, PH.D on Wednesday April 5, 2017 at 6:30pm. Students and parents are encouraged to attend.

Parent College and Career Academy- The Monroe Township High School College and Career Counseling Center is presenting a **Transition to College Seminar** on Thursday, April 27th @ 6:30 p.m. in Cafeteria A. A representative from Rutgers University will be in attendance to discuss various topics. This is geared for seniors but 9th, 10th, and 11th are welcomed.

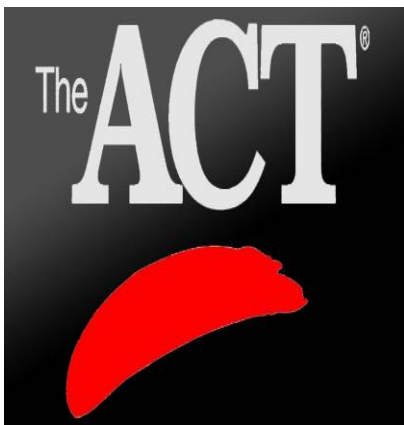
FYI:

Please save the date for the **NJACAC Regional College Fair** on **Wednesday, March 8th, 2017** from 10:00 a.m. until 12:30 p.m. at **Kean University**. The **New Jersey Association for College Admission Counseling (NJACAC)** has arranged for over 70 colleges and universities to be in attendance.

Online registration will become available [on our site](#) shortly.

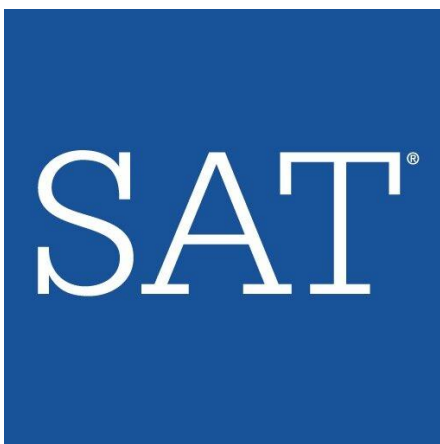
Attention juniors (rising seniors): Common Application announced the essay Common App 2017-2018 essay prompts are now available for your review. Login onto <https://www.commonapp.org/whats-appening/application-updates/common-application-announces-2017-2018-essay-prompts>

*This is a chance for you to get started on your college essay prior to senior year!



www.act.org

Test Date	Registration Deadline	Late Fee Required
April 8, 2017	March 3, 2017	March 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017



www.collegeboard.com; CEEB Code: 310584

Test Date	Normal Deadline	Late Registration*	Online Score Release
March 11, 2017	February 10, 2017	February 28, 2017	April 13, 2017
May 6, 2017	April 7, 2017	April 25, 2017	June 8, 2017
June 3, 2017	May 9, 2017	May 24, 2017	July 12, 2017

Scholarships, resources, and summer opportunities

-Attention Seniors!!!! Due April 1, 2017! The Janet Logan Foundation Scholarship is now available online. Graduating high school seniors from New Jersey enrolling full-time in an accredited university or college within the United States are eligible. Applicants must meet the following criteria: students must have worked an average of 30 hours per week during the summer since the age of 16, actively participate in at least one extracurricular activity, and have a minimum GPA of 2.5. Financial need may be considered when selecting the recipient. Only one high school senior from NJ is chosen but the scholarship is \$10,000 annually. Please check out the website for detailed information and the application, if interested:

<http://janetlogandailyfoundation.org/application.asp>

-CentraState Healthcare Foundation is pleased to be able to provide scholarships once again for high school seniors. All the scholarships available (including others that are not specific to high school seniors) can be viewed by visiting our website at <https://www.centrastatefoundation.org/scholarships>.

-The **2017 Educational Testing Service Employees' Community Action Fund (ECAF) Scholarship** is now available! This program specifically seeks to help graduating public high school seniors facing hardships, including but not limited to financial need. Scholarships of up to \$10,000 will be awarded to selected students who are pursuing a degree from two or four-year accredited colleges/universities or nonprofit vocational/technical institutions in the United States. More details about the scholarship and application can be found at <https://aim.applyists.net/ECAFNJ>. *The deadline to apply is April 21, 2017!*

-Please join us for our annual **Women in Engineering event** <<http://click.gotoextinguisher.com/click/eqtum-92a64p-619osze3/>> on Thursday, March 9th! You will have the opportunity to meet School of Engineering faculty and current students, as well as your peers who share your interest in the STEM fields. Program highlights include a tour of our Engineering facilities, including Prof. Melody Baglione's unique anechoic chamber; interactive sessions on research and career development; and a panel discussion with female Engineering students.

Register today! <<http://click.gotoextinguisher.com/click/eqtum-92a64q-619osze4/>>
<https://cooper.edu.185r.net/Event/page2.php?e=59>>

Check-in and tours will begin at 4:00 pm. The program will officially begin at 5:30 pm.

If you have any questions, please feel free to contact Admissions at 212.353.4120 or admissions@cooper.edu or <mailto:admissions@cooper.edu>. We're active on social media, too - tweet or Instagram us @Cooper_Admiss <<http://click.gotoextinguisher.com/click/eqtum-92a64r-619osze5/>> or reach us on our Facebook page <<http://click.gotoextinguisher.com/click/eqtum-92a64s-619osze6/>> .

-Are you interested in attending **Rutgers University**? Any student in high school can create an account at myrutgersfuture.rutgers.edu. MyRutgersFuture is a portal designed to provide you access to resources available at Rutgers University. Create an account to learn about and register for upcoming events, stay connected through announcements and social media feeds, learn about pre-college programs, and explore their academic majors and see your chances of getting into certain programs - all based on your own personalized interests, academics and preferences. You can start to enter your final grades each year of high school if you plan on applying to Rutgers your senior year. It's a wonderful and free resource to take advantage of!

- **Rutgers (School of Engineering)** has registration now open for School of Engineering tours for the spring semester. There will only be four tour dates for prospective students (students that have not applied for fall 2017 enrollment). On Fridays, **March 31, April 14, and April 21**, our **Knight for a Day** tours begin at 10 a.m. at the Visitor Center with an admissions information session, followed by a five-campus bus tour. During the bus tour, families will be able to view one of the first-year residence halls on the Busch Campus. They will also break for lunch (on their own) before heading to the school-specific portion of the day at 1 p.m. Again, a detailed itinerary will be provided once registered.

Department options include one of the following:

- Biomedical & Chemical/Biochemical
- Civil/Environmental & Materials Science
- Electrical/Computer & Industrial Systems
- Mechanical/Aerospace & Applied Science/Packaging

Families can register for these tours while space is available. To learn more about the engineering tours, please visit soe.rutgers.edu/tours.

If you have any questions, please email tours@soe.rutgers.edu.

- **Rutgers Business School Summer Camp**, is offering for the fourth year in a row, where we will have high school students learn the many facets of business in a fun and collegial environment. This is an experiential camp which allows campers to experience the various business disciplines: Marketing, Management, Accounting, Finance, and Supply Chain. You can get information on the camp at <http://www.business.rutgers.edu/undergrad-new-brunswick/bcamp> or www.business.rutgers.edu. The camp is a week-long and campers will be resident on the Livingston Campus in Piscataway. The fees include all camp fees and room & board for the week. We have many fun and interesting activities that include trips to 3 business locations, introductions to the many areas of business from our faculty, participation in a business plan competition and campers having an opportunity to experience the college life.

Dates: July 9-July 15, 2017. Location Livingston Housing on the Livingston Campus. Cost: \$1,300.

-The Central Jersey Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will be offering the: CJA Minerva Scholarship: See the College and Career Counseling Center for more details.

- Applicant must reside in or be a senior in a high school within Middlesex, Somerset and Union counties
- Applicant must demonstrate a financial need
- Applicant must have at least a 2.5 GPA on a 4.0 scale
- Applicant must be African American

-Monroe Township Baseball Association Scholarship information: See below information for more detail. See the College and Career Counseling Center for more details.

The MTBA is once again honored and privileged to offer scholarships to HS seniors who are MTBA “alumni” and plan on continuing their education at a 4 year college, 2 year college or trade school.

Important notes –

#1 – A scholarship recipient does not need to be a HS baseball player, just a current/former member of the MTBA family with a solid academic record and exhibits a strong sense of community and volunteerism...values that have been at least partially instilled by their involvement in the MTBA.

#2 - **THE DEADLINE TO GET THE FORM IN IS APRIL 1, 2017.**

Dr. Scott Horowitz will be assisting the MTBA Exec Board again this year with the scholarship efforts...thank you Scott! Some of Scott’s responsibilities are:

- delivering the forms to all the HS where former MTBA participants are attending,
- working with the Guidance departments of those schools to get updates,
- keep the MTBA E-Board updated on matters related to the scholarship efforts and, gathering all the completed forms to be delivered to the MTBA E-Board for recipient selections in early/mid-April

The scholarships will be awarded at the Rec Dept. Scholarship Dinner at the Rec Center on Monday, May 15th. Last year we presented a record 10 scholarships to very worthy members of the MTBA family who went on to college. We expect the number of applicants to be very high again this year so we also ask all on this email to help us market/advertise/promote our annual scholarship fundraiser event. The MTBA does not draw upon our general funds to fund the scholarships...all the money available to our scholarships come through fundraising efforts. **THIS YEAR’S PRIMARY FUNDRAISER WILL BE A CASINO NIGHT AT FORSEGATE COUNTRY CLUB ON FRIDAY, APRIL 28.** We will also be seeking items to be raffled off etc. at the event. So again, all help in promoting the event to make it as successful as possible will be greatly appreciated. Thanks to Mary Loschiavo and Lisa Church for once again coordinating the event. Stay tuned for more info and details.

-Zeta Phi Beta Sorority, Inc – Omega Mu Zeta Chapter are presenting graduating female seniors in the Southern/Middlesex County area with an opportunity to apply for **one of six scholarship awards** to be used towards tuition, books and supplies. The award amounts are as follows: **(5) - \$1,000 scholarship awards and (1) - \$500 scholarship award.** **The application can also be found on our website www.omegamuzeta.com.**

In our fifth year, Zeta Phi Beta Sorority, Inc. Omega Mu Zeta Chapter would like to offer **select graduating female seniors, attending a four (4) year college/university, who meet academic and leadership criteria a non-**The completed application along with the required documents must be **POSTMARKED NO LATER THAN Friday, April 21, 2017. Applications that are submitted late and/or incomplete will not be considered – NO EXCEPTIONS.** Please make sure that you have read and understand all of the guidelines of the scholarship application. Enclosed you will find the guidelines and application for our 2017 Scholarship. Guidance Counselor will be notified by **Monday, May 15, 2017.** An official letter from Zeta Phi Beta Sorority, Inc. Omega Mu Zeta Chapter will be sent to the students current address. Only scholarship recipients will be notified.

-Trooper Youth Week 2017 – July 17 –21, 2017

Police-Oriented Educational Program

Trooper Youth week is a residential youth education program developed by the New Jersey State Police. This program presents simulated law programs for male and female students who have completed their junior year and are entering their senior year of High School. If interested please see Mrs. Cruz or Mrs. Mironov in the College and Career Counseling Center. Additional information can be found @www.njsp.org/trooper-youth-week/index.shtml

-Nicole's Heart Foundation is a nonprofit 501 (c) 3 organization dedicated to providing awareness and education about the need for cardiac screening in high school athletes in Middlesex and Monmouth Counties. The foundation also offers an annual financial scholarship to a graduating high school senior from a Middlesex or Monmouth County high school. This year's scholarship will be for \$1,000.00.

ELIGIBILITY REQUIREMENTS:

- Graduating Senior in Monmouth or Middlesex County.
- Member of National Honor Society
- Varsity High School Athlete
- Participation in Community Service
- Provide copy of College Acceptance Letter, proof of membership in NHS, and high school transcript
- Write essay, limited to two typed pages on the current year's topic:

“Nicole put her heart and soul into everything she did. Please describe how putting your heart and soul into one or more of your high school activities has impacted your life.”

Please have interested students submit the following:

- ☐ **Proof of Eligibility Requirements**
- ☐ **Essay**
- ☐ **Name**
- ☐ **Address**
- ☐ **Phone Number**
- ☐ **Email:**

To: 4nicolesheart@gmail.com or mail via to:

Nicole's Heart Foundation c/o Keri DePasquale

2 Chesapeake Rd.

Manalapan, NJ 07726

Deadline for Scholarship is April 30, 2017

For more information go to www.nicolesheart.com

How to be an excellent student:

1. Be organized



2. Be attentive and avoid distractions in class



3. Review your notes when you have free time



4. Study in a constructive way



5. Don't procrastinate and put work off



6. Find out which chapter your teacher is covering tomorrow and read it before going to class



7. Do your homework



Student Assistance Counselor Corner

When it comes to alcohol and substance abuse, prevention is extremely important, especially for adolescents. Here is a list of some prevention strategies that you may want to try with your teen:

- * Communicate calmly and clearly in regards to difficult topics, like: drugs, substance abuse, and relationships
- * Encourage positive behaviors in your teenager daily
- * Help them to negotiate emotional conflicts in a healthy way and work toward a solution
- * Set boundaries/limits when your teenager is defiant and/or disrespectful
- * Monitor your teenager and pay attention to their behavior
- * Be involved in their lives and talk to them everyday
- * Be a positive role model

For more prevention strategies visit [Partnership for Drug-Free Kids](#) and the [National Crime Prevention Council](#)

