

# College and Career Counseling Center Newsletter

Monroe Township High School

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

February 2017

*From the Counseling  
Office...*



The February newsletter is filled with a lot of information for students and parents!

Information about important dates, scholarships, college fairs, student summer opportunities, and different tips.

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## Mark your calendars for this month!

**College Planning Night-** will take place on February 23, 2017, located in the PAC at 6:30pm. College planning night will provide valuable information about the college planning process. Although this program is geared toward 11<sup>th</sup> grade students, 9<sup>th</sup> and 10<sup>th</sup> grade students are welcomed to attend.

## Mark your calendars for next month!

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

**Parent College and Career Academy-** Doreen Mullarney, Student Assistance Counselor, is hosting a presentation that will focus on making healthy choices facilitated by Matt Bellace, PH.D on Thursday March 16, 2017. Students and parents are encouraged to attend.

**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.

## 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.

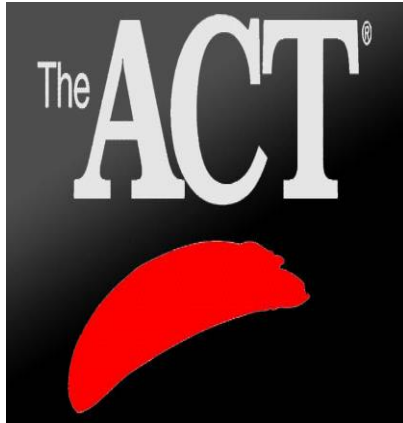
Online registration will become available [on our site](#) shortly.

Below is a link to New Jersey College's Open House

➤ <http://njsca.org/college-open-houses>

## **SENIORS:**

Check Naviance for Senior Awards and Scholarship opportunities.  
**\*\*\*Senior Awards are due by February 21, 2017 and will no longer be available on Naviance after that date!\*\*\***



[www.actstudent.org](http://www.actstudent.org)

Test Date	Registration Deadline	(Late Fee Required)
Feb. 11, 2017	January 13	January 20



[www.collegeboard.com](http://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!*

-Are you interested in attending **Rutgers University**? Any student in high school can create an account at [myrutgersfuture.rutgers.edu](http://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!

- **We have an exciting scholarship opportunity for college-bound seniors, being offered by New Jersey Relocation Council (NJRC). See the College and Career Counseling Center for more details.** Please see the attached information regarding the scholarship and the eligibility requirements. **It pertains to high school seniors who have relocated during their high school years from one school to another, at least 50 miles. Their GPA must be 3.0 or higher.** The deadline for submission is February 17, 2017. The scholarships will be presented at our spring conference on April 4, 2017 at The Palace at Somerset Park, Somerset, NJ.

-Please see attached press release from the Junior League of Greater Princeton (JLGP) as well as attached Scholarship Application: We are now accepting scholarship applications for 2017. Each

year, the JLGP awards scholarships to female high school seniors who have demonstrated a strong commitment to community service and voluntarism. The two scholarships for which applicants may apply include a \$1,000 award for excellence and leadership in ongoing volunteer activities, and a \$1,000 award for demonstrated leadership in a single community service volunteer project. Scholarships applications must be received by February 3, 2017. More information can be accessed at [jlgp.org](http://jlgp.org).

**-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.

**Attached is the form (in both word and pdf formats) that needs to be completed to be eligible.**

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 15<sup>th</sup>. 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](http://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.

-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](mailto: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](http://www.nicolesheart.com)

# Tips for high school students

- ✓ **Take time to think about what you like to do; dream and imagine ideal careers.**
- ✓ **Challenge yourself in high school, but don't overwhelm yourself.**
- ✓ **Work, volunteer, or otherwise gain some experience.**
- ✓ **Talk with as many adults as possible about careers and colleges.**
- ✓ **Never stop learning... read, grow, and expand your mind.**

## Student Assistance Counselor Corner

*School Stress: Stimulant Abuse – Kids Know About It but Parents Don't*  
(Source: Partnership for Drug-Free Kids)

Many students are stressed out from academic pressure – AP classes, extracurricular activities, homework, college applications, and more. Some think that taking un-prescribed stimulants (medications used to treat ADHD, such as Ritalin and Adderall) – will help them with extra energy to study longer, cram for exams and improve their grades. While prescription stimulants do promote wakefulness, studies have found that they do not enhance learning or thinking ability when taken by people who do not actually have ADHD. And taking these drugs without a prescription can lead to delirium, psychosis or heart failure. What's most troubling: Many students say it's easy to get these un-prescribed medications if they want them.

1. 1 in 5 teens believes it's okay to abuse a prescription drug, as long as they weren't doing so to "get high".
2. 1 in 5 college students reports abusing prescription stimulants at least once in their lifetime.
3. Students may feel pressure to take un-prescribed stimulants in order to stay competitive.
4. It is often high-achieving students who may engage in taking stimulants.