

# College and Career Counseling Center Newsletter

Monroe Township High School

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

June 2017

## From the Counseling Office...



We cannot believe the school year is coming to an end. Please make the remainder of the year count and good luck on finals!

The College and Career Counseling summer hours are 8am-2pm Monday – Friday. Two counselors will be available July through mid-August.

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## Mark your calendars!

On **June 6**, the school counselors and members of the child study team will present an information session to raise awareness about teen mental health issues. It is our hope that you will join us for this very informative evening. The program will begin @ 6:30pm in the MTHS Performing Arts Center.

**-The last day of the marking period is June 13 and the last day to CHANGE your schedule for the 17-18 school year is June 15.**

**-The last day of school is June 21, 2017.**

**-The first day of school for the 2017-2018 school year is September, 6.**

**Seniors** – We wish you the best of luck on all your future endeavors and hope your time at MTHS was rewarding. A friendly reminder to make sure you indicate in Naviance which college/university you will be attending. Final transcripts will be sent at the end of the school year. Student athletes, you must also request a transcript for the NCAA Clearinghouse via your NCAA account and in Naviance.

*Congratulations to the class of 2017!*



***To all of our students: Have a safe, fun and relaxing summer. Don't forget to complete any summer assignments.***



## Summer School:

MTHS does not offer a summer school program. A form must be completed and approved before any student is permitted to attend a remedial or advancement summer school program. Please contact your counselor if you need more information.

## ***Opportunities, Events and Summer Programs:***

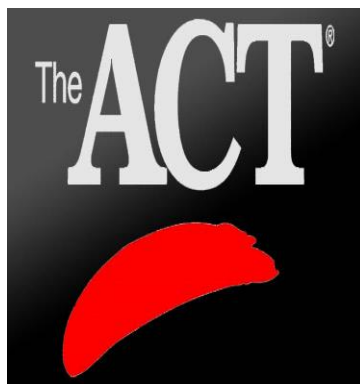
-Binghamton University is offering a summer college program. This is a two-week opportunity that provides an early college experience for academically talented, rising high-school juniors and seniors. This program is scheduled for July 16- July 28. Students will be able to take college courses, live in the residential halls, explore the local community and learn about the college admission process and financial aid. Please visit [https://www.binghamton.edu/admissions/summer-college/how-to-apply.html?utm\\_content=Counselor%20Summer%20College%20Message&utm\\_campaign=Binghamton%20Summer%20College&utm\\_source=Slate&utm\\_medium=email](https://www.binghamton.edu/admissions/summer-college/how-to-apply.html?utm_content=Counselor%20Summer%20College%20Message&utm_campaign=Binghamton%20Summer%20College&utm_source=Slate&utm_medium=email) for more information and/or to complete an application!

-On Sunday, June 25, the **American Diabetes Association's** Tour de Cure + Step Out Walk will be taking place on the Novo Nordisk campus in Plainsboro. They could use some volunteers and there are numerous ways for students to be involved and earn volunteer hours in a fun environment. Volunteer registration can be done here: <https://signup.com/client/invitation/6775657374/1888846/false#!1888846/false/false>

-Join Rep. Bonnie Watson Coleman for **Service Academy Days** with representatives from the U.S. Military Academy, Naval Academy, Air Force Academy, Coast Guard Academy and Merchant Marine Academy on Saturday, June 3. Don't miss your chance to learn more about the academies, the application process and the congressional nomination process. This event will be taking place at 9am-12pm at Franklin High School located at 500 Elizabeth Ave., Somerset, NJ. Please call 609-883-0026 for more information.

-Are you interested in a **political internship**? Kristian Stout is currently running to represent our community as an assemblyman in the state legislature. As part of that effort, he is looking for volunteers and interns to work on the campaign. Volunteers will gain experience in campaigning, team building and outreach, all while helping to make our community a better place. For more information, contact [campaign@stoutforassembly.com](mailto:campaign@stoutforassembly.com) or visit <http://www.stoutforassembly.com>





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

FREE ACT Prep: <https://www.mometrix.com/academy/act-test/>

Test Date	Register by:	Late Registration*
September 9, 2017	August 4	August 18
October 28, 2017	September 22	October 6



[www.collegeboard.com](http://www.collegeboard.com); CEEB Code: 310584

Test Date	Registration Deadline:	Late Registration*
August 26, 2017	July 28	August 15
October 7, 2017	September 8	September 27

## Student Assistance Corner→ Resources

Teens have more free time over the summer and they may experience some difficulties along the way. If you are looking for outside counseling resources, here are some options for helping your child(ren) if needed.

### **Middlesex County Mental Health Resources:**

<http://eastmountainhospital.com/pdf/EN%20MHR%20Middlesex%20County.pdf>

### **New Jersey Help for Substance Abuse**

#### **Licensed Therapists Providing Alcohol/Drug Assessment and Treatment**

##### **Kathy Ketofsky**

No. Brunswick

732-718-6152

##### **Hal Jordon Ketofsky**

No. Brunswick and Freehold

732-718-0586

##### **Kurt Kabinsky**

908-472-5122

#### **Licensed Programs Providing Alcohol/Drug Assessment and Treatment**

##### **Princeton House**, North Brunswick

732-729-3600

##### **High Focus**, Freehold

732-303-9900

##### **Extracare**, Old Bridge

800-810-2070; 908-472-5122

##### **Center for Wellness**, Monroe

732-655-4239

### **Help for Families**

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

[www.nj-al-anon.org](http://www.nj-al-anon.org)

[www.ncadd-middlesex.org](http://www.ncadd-middlesex.org)

