

Monday, January 22, 2024

High School Guidance News

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Guidance Website: <https://sites.google.com/a/jtowndrakes.org/jenkintown-hs-guidance/>

Having trouble viewing this newsletter in your email - click [HERE](#) to read in your internet browser.

Ever feel lost or feel like you missed out on important information - please visit the [Guidance Website](#) - your one-stop shop for all things School Counseling Related. :0)

STUDENT RECOGNITION

Congratulations to JEANMARIE GEHAN — On behalf of Widener University and Jenkintown High School, [Jeanie Gehan](#) has been selected to receive the [Widener University High School Leadership Award](#). In addition to being recognized as young leaders in the region, selected students will be honored at an event this spring. Further, if she enrolls at Widener University as an undergraduate student, she will take part in our prestigious [Apogee Leadership Scholars](#) program and receive a **\$20,000 scholarship** over four years. Apogee Scholars receive four years of leadership programming, including a Widener Leadership Certificate. This award program is designed to recognize high school students in the region, like Jeanie, who embody the university's commitment to developing and inspiring leaders to affect positive change.

COLLEGE FAIRS

Main Line Regional College Fair

Villanova University; Radnor, PA

Wednesday, May 22nd; 6:00-8:30 PM

Click [HERE](#) for more information

SENIOR NEWS

1. Now that most college applications have been submitted, students should be using their time looking for **SCHOLARSHIPS**. Students should be doing the following:
 - [Going Merry](#) - most seniors have an account, if not, it's super easy to set one up. It's a scholarship search engine.
 - Check for Scholarships in **Google Classroom Class of 2024**.
 - [Fastweb Scholarships](#) - most seniors created an account, if not, it's easy to create one.
 - Check out the **Guidance Scholarship Page** [HERE](#) for more resources.
2. **FAFSA** - the FAFSA will be available on December 31, 2023. **IS NOW OPEN!!!!**
 - [FAFSA](#) - make sure that you are filling out the **2024-2025 application**
 - The student and each parent should create an [FSA ID](#) ahead of the Dec 31st launch date - don't wait until the day you file the FAFSA - get your [FSA ID](#) ahead of time. The FSA ID is your electronic signature.
 - Since the FAFSA process is brand new this year - if you have any questions regarding the process, please contact one of the Financial Aid Offices that your child has applied to.

JUNIOR SPECIFIC NEWS

- ★ **REMINDER - PLEASE SCHEDULE YOUR JUNIOR IGP MEETING! If you have not scheduled your meeting yet, keep an eye out for an email from me :o)** The Guidance Department is **STILL** scheduling the **Junior Class Individual Growth Plans Meetings (IGP's)** - meetings will start in December. The IGP meeting is conducted with **at least one parent and the student** and is done during the school day. Meetings start as early as 7:15am and the last meeting of the day is 2:30pm. **To schedule a conference with Ms. Kafkalas, please email her at kafkalac@jenkintown.org.** Conferences

will be scheduled in 45-minute intervals. I look forward to working together with you on behalf of your child. ***Please note that early morning meetings are very limited. There is more availability for school day meetings.*

★ **JUNIOR GUIDANCE WORKSHOPS** (*Workshops are for the students and held during the school day*)

- **1st Workshop - Thursday, Nov 30, 202 (COMPLETED):** Intro to Workshops & College Admissions Testing - Review of PSAT Scores and more
- **2nd Workshop - Wednesday, January 17th, 2024 (COMPLETED - we are catching up with students who missed the workshop):** Career Interest Inventory - Majors - Careers
- **NEXT UP → 3rd Workshop - Wednesday, January 31, 2024:** Post-High School Planning, Resources for College/Major Searches
- **4th Workshop - Wednesday, February 21st, 2024:** Scoir - College Search/Career Search
- **5th Workshop - Wednesday, March 6th, 2024:** Resume/Common Application Activities Worksheet
- **6th Workshop - Wednesday, April 3rd, 2024:** The College Essay/The Personal Statement
- **7th Workshop - Wednesday, April 17th, 2024:** The Junior/Senior Checklist/NCAA/Social Media
- **May 30th and 31st - Junior Work Sessions:** The Common Application Account Creation, Junior/Senior Checklist Work Session, Senior Panel/College Advice, Personal Statement/College Essay Brainstorming, and more

★ **SCHOLARSHIP FOR JUNIORS**

- The **Horatio Alger Association** scholarships are for students overcoming adversity who want to pursue the American Dream through higher education. They have awarded over 35,000 scholarships since 1984 and they are hoping to reach even more students this year.
- **Application Deadline: MARCH 15, 2024**
- Eligibility Requirements:
 - Be enrolled full-time as a high school junior in the United States
 - Exhibit a strong commitment to pursue and complete a bachelor's degree at an accredited non-profit public or private institution in the United States (students may start their studies at a two-year institution and then transfer to a four-year institution)
 - Demonstrate critical financial need (\$65,000 or lower adjusted gross family income is required)
 - Be involved in co-curricular and community service activities
 - Display integrity and perseverance in overcoming adversity
 - Maintain a minimum grade point average (GPA) of 2.0; and
 - Be a United States citizen
- Poster with information [HERE](#)
- Application [HERE](#)

★ **Stevens Select Summer Scholars Program | PAID SUMMER INTERNSHIP PROGRAM | Register Today**

- Deadline: Applications are due by **March 1, 2024.**
 - **Application link** [HERE](#)
 - Notification: Applicants will be notified by April 1, 2024.
 - The [School of Business at Stevens Institute of Technology](#) is offering a paid virtual summer research program for high school students. The Stevens Select Summer Scholars Program is a six-week program where students will have the opportunity to participate in an online research course taught by School of Business professor Dr. Donald Lombardi that covers topics such as: organizational leadership, entrepreneurship, finance, and marketing. The final assignment will include a PowerPoint presentation detailing the participants' research findings profiling a Fortune 500 company.
 - The program will run from July 8, 2024, through August 12, 2024, and students will receive a \$500 stipend after completing the program.
 - **Eligibility:** Applicants must currently be in their junior year of high school (no exceptions).
 - **The application packet must include all the following:**
 - 1-page essay in which you describe yourself and detail what you hope to gain from this experience
 - a copy of your current resume
 - a copy of your unofficial high school transcript
 - one letter of recommendation from a teacher, a guidance counselor, or a work supervisor
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SOPHOMORE SPECIFIC NEWS

★ **If you like to PLAN AHEAD – schedule your February IGP NOW.** Morning meetings start as early as 7:15am and the last meeting of the day is 2:30pm. **To schedule a conference with Ms. Kafkalas, please email her at kafkalac@jenkintown.org.** *Please note that early morning meetings are limited.*

- The purpose of the IGP is to maintain an ongoing record of a student's progress from 7th through 12th grade.
- Some of the main component areas include:
- Course selection
- Transition activities and career development
- Standardized testing, Transcript Review, and Post High School Planning
- Post-Secondary Educational Planning

★ SOPHOMORE GUIDANCE WORKSHOPS

- **1st Workshop:** PSAT, Intro to College Admissions Testing, GPA, Transcript - **February**
- **2nd Workshop:** Meyers Briggs Personality Assessment - **March**
- **3rd Workshop:** Principles Your Character Assessment, College Search/Career Search - **April**

NOTABLE SUMMER PROGRAMS

★ **Lehigh University Iacocca Global Entrepreneurship Intensive:** <https://global.lehigh.edu/iacocca-institute/IGEI> The 2024 program runs from June 23 to July 20, 2024. The program fee is \$5995. This cost includes program fees, room and board, instructional materials, field trips, and all curriculum-related activities. The early admission deadline is January 15, 2024. The regular admission deadline is **February 12, 2024.**

★ **Penn State Pennsylvania School for Excellence in the Agricultural Science (JUNIORS Only):**

<https://agsci.psu.edu/school-for-excellence> Tuition, room, board, instructional materials, and costs of program activities are provided free of charge to students who are selected to participate. Families are responsible for: scholars' transportation to and from the program, and pocket money for personal needs. Scholars are expected to remain on campus for the full two weeks of the program. The [application form](#) for the Pennsylvania School for Excellence in the Agricultural Sciences summer program must be filled out and sent in by **February 23, 2024.** Go [HERE](#) to apply.

★ **University of Pittsburgh Health Careers Scholars Academy (SOPHOMORE & JUNIORS):**

<https://www.hcsa.pitt.edu/program-details> An applicant must be a current sophomore or junior in any secondary school and at least 15 years of age **at the time of the application deadline (February 23, 2024).** Go [HERE](#) to access the application.

PFEW - Pennsylvania Free Enterprise Week

★ Did you ever wonder what it would be like to run a business? Are you a Pennsylvania high school sophomore or junior who dreams of being your own boss someday? Pennsylvania Free Enterprise Week (PFEW) is a week-long, summer opportunity for you to find the answers to these questions and so much more! Your generation faces a fast-paced, business-oriented world that is constantly changing to meet the demands of the future. Change can be very intimidating, but with practical tools and appropriate knowledge, what seems intimidating can become exciting. PFEW will help you pave your road to success!

★ Application is now OPEN: <https://www.pfew.org/student-application>

★ There are 4 weeks to choose from and the total cost of the program is \$295.

★ There are even college scholarships for PFEW attendees for Lycoming College and Pennsylvania College of Technology: <https://www.pfew.org/college-scholarships>

Interesting Article from the NEW YORK TIMES:

This is worth a read - it will introduce you to a new nicotine product that teenagers are accessing and using. **THE MORE YOU KNOW!!**

Jan. 12, 2024: **By Emily Dreyfuss:** Dreyfuss is a co-author of the book “Meme Wars: The Untold Story of the Online Battles Reshaping Democracy in America.”

Do you know what a Zynbabwe is?

Or an upper-decky lip pillow?

OK, here’s an easier one — how about just Zyn?

If you are scratching your head, don’t feel bad: Almost no adult I have spoken to has had any idea either. This is despite the fact that the nicotine pouch Zyn is a jewel in the crown of a multi-billion-dollar tobacco company. Haven’t heard of nicotine pouches to begin with? Neither had I. But when I ask my 19-year-old neighbor Ian if he knows what a Zynbabwe is, I get a shocked reply: “You know about Zyns?”

You may have seen the tins that contain 15 little white rectangles that look like the desiccant packs labeled “Do Not Eat.” Zyns are filled with nicotine and are meant to be placed under your lip like tobacco dip. No spitting is required, so nicotine pouches are even less visible than vaping. Zyns come in [two strengths](#) in the United States — three and six milligrams. A single six-milligram pouch is a dose so high that first-time users on TikTok have said it caused them to vomit or pass out. And while Zyns are presented as a healthier, smoke-free alternative to cigarettes, they are still addictive, according to Robert Jackler, a professor emeritus at the Stanford University School of Medicine who has studied nicotine industry marketing. And dentists are already [reporting](#) seeing gum injuries in patients who use pouches.

So how are kids learning about these little pouches? Greyson Imm, an 18-year-old high school student in Prairie Village, Kan., said he was 17 when Zyn videos started appearing on his TikTok feed. The videos multiplied through the spring, when they were appearing almost daily. “Nobody had heard about Zyn until very early 2023,” he said. Now a “lot of high schoolers have been using Zyn. It’s really taken off, at least in our community.”

READ THE REST [HERE](#).