

West Milford Township HS Guidance Newsletter

02/16/24



Captain's Log - Busy here! Plus a curveball from Mother Nature (yay - we all love a snow day!) Juniors & Sophomores -course selection meetings have been ongoing. If you haven't seen your counselor yet - you may have missed your meeting! Check your email for a new appointment or see us to reschedule. Seniors - midyear reports & transcripts have been sent! Winter sports season is ending - congratulations to our athletes & teams for their successes. Spring sports are getting ready to start. Our musical Footloose is in rehearsals! Busy Busy!

NEWS FROM THE GUIDANCE/COUNSELING OFFICE

COLLEGE PANEL NIGHT

February 21 7:00 pm
WMHS Cafeteria

Open to all students & parents. Come hear from a panel of 7 college admissions professionals - 4 of whom are admissions directors or deans - as they share their experiences and expertise. Though they will be representing their current institutions, most have experience at multiple colleges and will share their advice and tips for students to help them with their college planning process. Questions are encouraged! RSVP is requested but not required - click link below to register!

[RSVP for College Panel Night](#)



COURSE SELECTION APPOINTMENTS

- Student appointments are posted on the bulletin boards near the restrooms/Cove on the first floor. Take a photo, set a reminder in your phone, or write it in your planner.
- IF YOU MISSED YOUR APPOINTMENT - check your email for a new date or see your counselor for a new date. Students who miss two appointments will have their courses chosen for them.
- All students have a course selection appointment - even if you have had an IEP meeting.
- Here is the our Program of Studies for the upcoming school year: [POS 2024-2025](#)

After your appointment, please bring home the course review sheet & have it signed by your parent/guardian. Bring it back & drop it in the basket in the guidance office.

If classes are overenrolled, the first students we remove are those who did not return a signed sheet.

Some points to clear up about course selection

1. All course selections for all students are processed on the same day. Everyone has an equal chance to get their choices.
2. There is no "seniority" with course options - all students have an equal chance to get their choices.
3. Having alternate options gives you more opportunity to get something you requested.



GIRL'S CAREER INSTITUTE - WEST MILFORD WOMEN'S CLUB

The West Milford Women's Club sponsors a delegate to the annual Girl's Career Institute (GCI), a four-day mini-college and career exploration experience. The program affords a unique experience for approximately 180 girls finishing their Junior year in a New Jersey High School. **Our local West Milford Women's Club will sponsor a delegate and pay the full \$350 tuition.**

This program will be of interest to students who are considering attending college but may need some encouragement or incentive. Girl's Career Institute (GCI) provides the delegates with a taste of college life. They will live in a dorm, with a roommate on the Douglass Residential College Campus at Rutgers University, New Brunswick, New Jersey. They will eat in the university's cafeteria, meet delegates from other New Jersey towns and take on the responsibility of scheduling their own free time. Most importantly, GCI offers the delegates an opportunity to learn the many career options available to young women today. Since 1955 the NJSFWC has also offered a scholarship to an incoming Douglass Residential College first-year student who attended GCI. To learn more about GCI - click here: [GIRLS CAREER INSTITUTE PROGRAM](#)

Junior girls interested in this program NEED TO COMPLETE THE APPLICATION FORM which is due by March 1 (found at the end of this newsletter) Parental permission is required to apply. The application form then needs to be emailed to Debra Veninger - fedeveninger@icloud.com Questions can be emailed to her as well or you can call 201-788-9533.

JUNIORS

Now is the time to be planning for after high school! See your school counselor for a refresher on how to use Naviance to help with your search. **ATTEND A COLLEGE FAIR** - there are 2 coming very soon - see the newsletter for details! Be sure to SEE YOUR COUNSELOR before attending a fair so you can have a plan of what booths to visit at the fair (especially important for the NJ FAIR on MARCH 6th which has OVER 400 colleges!) We can help you make a list of schools that match your interests & desires.

Also - don't miss the College Panel Night on Feb. 21!

The SAT will be given at WMHS on MAY 4th - To register click here: [SAT REGISTRATION](#)

UPCOMING EVENTS



U.S. COAST GUARD ACADEMY AIM SUMMER PROGRAM FOR JUNIORS

U.S. Coast Guard Academy is taking applications for this summer's Academy Introduction Mission (AIM)! AIM is a one-week long experience, where you'll get to live like a U.S. Coast Guard Academy cadet! 🚢

The deadline to apply is April 1st. Don't wait! 📅

Juniors intending to apply to the USCGA are STRONGLY encouraged to apply.

Apply at: <https://uscga.edu/admissions/aim/>



NEW JERSEY COLLEGE FAIR

March 6. 9 am - 12 pm & 5:30 pm - 8:30 pm
NJ Convention & Exposition Center in Edison

Over 400 colleges will be represented! Plus information on financial aid & other resources. We STRONGLY ENCOURAGE ALL JUNIORS to attend this event - it's a great way to kick off your college search & get a lot of information all in one place. 10th & 9th graders are also welcome to attend.

Fair is free for students - registration for a barcode is strongly suggested. If you are planning to attend, your counselor can help you create a list of colleges to see that meet your wants & goals. The registration link will take you to more information about the fair including a list of attending schools (this list will change frequently as schools register!)

Students attending the day fair will be able to pick up a note to verify their attendance at the fair.

To register click this link: [NJ NATIONAL COLLEGE FAIR REGISTRATION](#)

CONSTRUCTION INDUSTRY FAIR

The Construction Industry Career Fair will be held on May 28, 2024, from 3pm to 7pm. Interested families may register at www.cicdnj.org (registration is required) starting 1/3/24. For more details see the flier at the end of this newsletter.



COLLEGE KEY NJ

March 9, 2024 9 - 3 pm

Monmouth University

College Key is a free workshop for traditionally underrepresented, low income, and first generation high school students.

This event is open to 10th and 11th grade high school students and their parents or guardians.

The focus of this workshop is to give students information about the college admissions process which includes filling out the college application, financial aid, preparing yourself in high school for college, and much, much more.

Throughout the day, students and parents will participate in a series of interactive presentations presented by school counselors and admissions representatives. Topics of discussion include researching and applying to colleges as well as navigating the financial aid process. Breakfast, lunch, and a campus tour of Monmouth University will be provided.

Space is limited! Though there is no cost for this program, students must apply online and are responsible for their own transportation. We encourage parents to attend as well!

SEE THE FLYER at the end of the newsletter to apply for this program (there is a QR code)

Questions about this program? Please email Ms. Lambert (dana.lambert@wmtps.org)

⇒ SCHOLARSHIP INFORMATION



[FAST WEB](#)

[GOING MERRY](#)

All students (not just seniors!) should have accounts with these two free scholarship services - these organizations will seek out scholarships you may qualify for. Going Merry actually allows you to do one application that can be applied to multiple scholarships. Check them out & register for a free account!



2023 NJACAC High School Scholarship Award Application

NJACAC will be awarding \$1250 scholarships to (4) high school seniors who have participated in an event sponsored by NJACAC. Here is the link to

[apply: NJACAC HS Student Scholarship](#)

> Completed applications must be submitted by the **MARCH 15, 2024 deadline.**

>The applicant has attended a program sponsored by NJACAC such as

College Key NJ

Camp College

NJACAC Rainbow Key LGBTQI+ college fair (virtual)

National College Fair at Meadowlands (April 2022) or Edison (March 2023)

NJ STEM Fair (October 2022) NJ PVA Fair (October 2022)

***Seniors if you are not sure if you are eligible - please speak to Ms. Lambert**

NEW JERSEY SCHOOL COUNSELORS' ASSOCIATION SCHOLARSHIP

NJSCA High School Award Criteria

The candidate must be a New Jersey resident, a current year graduate of a New Jersey high school and have been accepted/plan to enroll in a post secondary institution. Must show proof of acceptance if selected for the award.

The candidate must write a 300-500 word essay describing how a school counselor has influenced his/her life in a positive way. You can give specific examples about your counselor such as helping you make an important decision, providing support in a critical time, assisting in developing self-understand and self-acceptance, etc.

[Application](#)

Due April 3, 2024

NJ EMERGENCY PREPAREDNESS ASSOCIATION SCHOLARSHIPS

Deadline to apply is 03/10/24.

For more details and the application - click here [NJEPA SCHOLARSHIPS](#)

Senior interested in pursuing a career in the emergency management field of study. This includes emergency management, homeland security, fire suppression, law enforcement, hazardous material, arson investigation, emergency medical services, planning, Health, Public Health, Social Services, etc.- in the public or private sector. The applicant, applicant's parent(s) or grandparent(s) must be members in good standing in any emergency service department in the State of New Jersey. Emergency services agencies include any police, fire, rescue, EMS, or emergency management. Any other affiliations with an agency that performs emergency or disaster response, and recovery operations will be considered on a case-by-case basis.

NATIONAL CENTER FOR LEARNING DISABILITIES (NCLD) SCHOLARSHIPS

Anne Ford Scholarship

Deadline to apply: APRIL 13

This is a \$10,000 (\$2,500 per year for 4 years) scholarship granted to a graduating high school senior who will enroll full time in a bachelor's degree program in the fall. Applicants must have a documented learning disability (LD) or have ADHD.

Apply here: [ANNE FORD SCHOLARSHIP](#)

Allegra Ford Scholarship

Deadline to apply: APRIL 13

This is a \$5,000 (\$2,500 per year for 2 years) scholarship granted to a graduating high school senior who will enroll full time in a community college, vocational or technical training program, or specialized program for students with disabilities in the fall. Applicants must have a documented learning disability (LD) or have ADHD.

Apply here: [ALLEGRA FORD SCHOLARSHIP](#)

INFORMATION & RESOURCES FOR FAMILIES

JUNIOR PARENTS - Great article!

Attention junior parents - this is a great article from CollegeWise about starting the college search process with your students - check it out:

[WHEN TO LET JUNIORS OWN THEIR COLLEGE ADMISSIONS PROCESS \(hint it's now\)](#)



If you're concerned about your relationship, or you have a ? about healthy dating, help is here 24/7.

CALL: 1-866-331-9474 OR

TEXT: "LOVEIS" to 22522

⇒ REMINDERS FOR ALL



- **ATTENDANCE COUNTS!**
- **Make sure you are following our Guidance Google Classrooms!** A Classroom has been set up for each grade level and all students have been invited. Please be sure to accept the invitation. We regularly post information, FAQs, documents, and opportunities!
 - All students must have a parking pass to park at WMHS during the school day. If you need a parking pass, please go to the assistant principals' office.
- Working papers are now done online - here is the link to get working papers: [NJ WORKING PAPERS](#)
- **CHECK YOUR EMAIL EVERY DAY!** Students should check email at minimum daily - and RESPOND when asked questions.
- **PLEASE DON'T MISS YOUR COURSE SELECTION APPOINTMENTS**

⇒ SENIORS SPECIFIC REMINDERS

- The [FAFSA \(Free Application for Federal Student Aid\)](#) is now open - please see the emails sent by Ms. Lambert & Ms. Csengeto for details on how to apply & resources. EVERY senior attending ANY TYPE of postsecondary school or training should file the FAFSA.
- WE WANT TO HEAR YOUR NEWS! Please share copies of acceptances with us! Also share deferrals, waitlists, and denials - we can help you navigate the next steps.
- Athletes be reminded - ADMISSIONS office ADMIT students - not coaches. Even if you are being recruited, you MUST APPLY, send transcripts/materials, & meet the college's admission requirements.
- [Transcript request form.](#) This is required to enable your school counselor to send your transcript and letters of recommendation to the requested colleges. You must submit one for EACH school to which you apply. This form is to be completed by the student.

ATTENDANCE

Parents must call in all absences on 973-697-1701 x7372

Parents and Students- please be sure to check attendance regularly on the portal.

- Doctor's notes should be brought to the Guidance office or emailed to pamela.fenning@wmtps.org.
- Make sure your student emails their teachers and checks the Google Classrooms for any missed work.
- If you have been contacted by the attendance team for a meeting, please respond ASAP. Too many students are already in danger of losing credit for excessive absences. Work with us to turn this around & to help you improve your attendance if it has become a problem.



brainfuse

HelpNow

BRAINFUSE TUTORING AT THE WEST MILFORD PUBLIC LIBRARY

Brainfuse is brought to you by the generous sponsorship of [The Friends of the West Milford Township Library](#). Brainfuse is an on demand, anytime, anywhere eLearning for all ages and levels. Brainfuse HelpNow offers personalized homework help in core subjects (math, reading, writing, science and social studies) including SAT preparation. Live tutors are available everyday 2:00 p.m. until 11:00 p.m. (except holidays). All you need is your library card to get started.



College Panel Night

February 21

7 pm

West Milford HS Cafeteria



Come listen to 6 college representatives – 4 who are admissions directors/deans – about the college planning process! Panelists will share their expertise, advice, & tips for students. Appropriate for parents & students from all grade levels. Questions welcome!

Click here to RSVP for [College Panel Night](#)



or more information on Brainfuse Tutoring - [Brainfuse Tutoring at the WM library](#)

To access Brainfuse - click here: [BRAINFUSE TUTORING](#)



Do YOU need help with your MATH ?

FREE MATH Help *is available here:*

Per1 Mr. Heerschap *in HRC*

Per2 Ms. Gennett *in CAFE*

Per4 Mrs. Downs *in CAFE*

Per5 Mrs. Nikinas *in CAFE*

Per7 Mrs. Wojcik *in Lower Library*

Per8 Mrs. N *in Lower Library*

MILITARY SERVICE ACADEMY INFO DAY

with

THE OFFICE OF CONGRESSMAN KIM AND
REPRESENTATIVES FROM ALL 5 SERVICE
ACADEMIES, INCLUDING R.O.T.C.



**FEBRUARY 24TH, 2024
10 AM - 2 PM**

**WESTAMPTON PUBLIC LIBRARY
5 PIONEER BLVD
WESTAMPTON, NJ 08060**

INVITING HIGH SCHOOL FRESHMAN, SOPHOMORES, AND JUNIORS
REGISTER AT: [KIM.HOUSE.GOV/SERVICE-ACADEMY-EVENTS](https://kim.house.gov/service-academy-events)

**QUESTIONS?
CALL OUR OFFICE AT (609) 438-6290**

 **CONGRESSMAN
ANDY KIM NJ 03**

SPRING 2024

*Includes STEM / PVA Component**

NACAC National College Fair New Jersey

Wednesday, March 6

9 a.m. - 12 p.m. & 5:30 p.m. - 8:30 p.m.

**New Jersey Convention
and Exposition Center**
Edison, New Jersey

NACAC 

**National
College Fairs**

* In addition to institutions promoting general programs of study, this fair will include designated exhibit space for STEM and Performing and Visual Arts programs.



REGISTER NOW!
nacacattend.org/fairs

*Hosted by Bergen County
Directors of Guidance*

BERGEN COUNTY COLLEGE FAIR



*Bill Bradley Sports and
Recreation Center, Ramapo
College of New Jersey*

Wednesday, March 20, 2024

5:30pm-8:30pm



**RAMAPO
COLLEGE**
OF NEW JERSEY

Representatives from
approximately 200 two-
year and four-year
colleges, nursing
schools, business
schools and trade
schools will participate
in this event.



STRIVE SCAN

NJSCA'S HIGH SCHOOL SCHOLARSHIP

NJSCA will be awarding three \$1,000 awards to high school seniors who recognize the important role of their school counselor. Recognized school counselors must be active NJSCA members in order for the student to receive the scholarship.

Scholarship recipients must be New Jersey residents, 2024 graduates of a New Jersey high school and have been accepted/plan to enroll in a post-secondary institution.*

APPLY NOW!

**NOMINATION
DEADLINE:
APRIL 3, 2024**

*Must show proof of acceptance if selected for the scholarship.

**Questions? Contact
Dana Kurilew
danat3@aol.com**

Leaders & Achievers Scholarship Program



Boys to Leaders FOUNDATION

About SCHOLARSHIP

The Boys to Leaders Foundation provides a Leaders and Achiever Scholarship Program to young men who demonstrate academic achievement and leadership in school and/or the community.

The Leaders and Achiever Scholarship Program recognizes the recipients for their capacity to lead and serve and their commitment to making a significant impact in their schools and communities.

APPLICATION PROCESS



Download Application

1. Scan the QR code or visit <https://linktr.ee/boystoleaders> to download the application.
2. Fill out the application
3. Email the completed application
Email application and supporting documents to rsantiagodejesus@yahoo.com.

Contact:

For questions, contact:

Dr. Reinaldo Santiago

Phone: (973) 303-3754

Email:

rsantiagodejesus@yahoo.com.

The Scholarship range from \$250 to \$1,500

ELIGIBILITY CRITERIA

- Must plan to attend as a full-time student in a two- or four-year college/university or trade school in and out of state (Fall 2024).
- A student attends college/university or trade school in and out of the state.
- Primary residence in New Jersey.
- G.P.A. 2.0 or 70% or above.
- Minority Male student (African American or Latino Descent).
- Must demonstrate leadership ability through community service, extracurricular activities, or other volunteer activities.

Application Deadline

April 12, 2024 at 9:00 PM EST

Level up by becoming a coder this summer.
Get the skills, network, and community
you need to change the world
with our two free programs.

WELCOME TO THE GAME. CHOOSE YOUR ADVENTURE.

VIRTUAL SUMMER IMMERSION PROGRAM

Ready for a multiplayer experience?

Build a network and invest in your future in live classrooms hosted by top companies.

Who gets to join?

- 9th-11th grade girls and non-binary high school students, with or without prior coding experience, including alums.

What will you learn?

- Design computer games using p5.js, a JavaScript library for creative coding.

What's in it for you?

- Find support and community from devoted Teaching Teams and classmates.
- Get career inspiration and mentorship from exclusive Partner Events.
- Enhance your experience with grants and laptop and hot spot access.

When does the program take place?

- Round 1: June 14 – June 28
- Round 2: July 8 – July 19
- Round 3: July 29 – August 9
- Classes meet M-F for 2-3 hours, followed by independent work time and optional Student Hours.



KEY DATES:

Early decision deadline: February 14

Regular decision deadline: March 22

girlswhocode.com/summerapply

SELF-PACED SUMMER PROGRAM



Prefer single-player life?

Explore hot topics in tech and become a coder on your own schedule.

Who gets to join?

- 9th-12th grade girls and non-binary high school students, with or without prior coding experience, including alums.

What will you learn?

- Choose from courses in Cybersecurity, Data Science + AI, and Web Development tracks.

What's in it for you?

- Enjoy the flexibility to learn independently, at your own pace.
- Connect with fellow coders and Advisors through Discord and Student Hours.
- Apply your new skills to create projects with real-world relevance and impact.

When does the program take place?

- July 1 – August 9
- Each course in a track takes 3-6 hours to complete.

JOIN
THE FUN:



Mark your Calendar & Save the Date...

CICD will be back in 2024!

As always, this hands-on, interactive day is free for all attendees.



Construction Industry Career Day

May 28, 2024- 3pm-7pm

May 29, 2024 - 8am-1pm

Location:

NJ Convention & Expo Center, Edison

Tuesday Night Showcase

May 28, 2024

All are welcome to attend. This evening program is open to the public. We invite community groups, underemployed, unemployed and those looking for new career options to join us! Learn about rewarding career paths, stackable credentials, and financially stable opportunities.

High School students accompanied by a parent/guardian will receive a gift (while supplies last!)

And, by popular demand...

HIGH SCHOOL STUDENTS

Wednesday, May 29, 2024

Wednesday's program is open to high school students attending as part of an eligible school group.

Please keep in mind, this is a hands-on program, and we encourage you to bring students you believe would benefit from attending.

Please encourage your Seniors to attend Tuesday Night with a parent/guardian.

*Watch your mail for registration and program information
or visit us on-line at www.cicdnj.org. Registration Opens 1/3/2024*

WEDNESDAY WILL CLOSE OUT AT 2,000 ATTENDEES OR BY MAY 1, 2024.

CALLING ALL JUNIOR GIRLS!

2024 NJSFWC Girls Career Institute

Participate in a wide variety of career related seminars given by successful women while residing on campus with other high school juniors from around the state

June 2 – June 5

**Douglass Residential
College Campus
At Rutgers University
New Brunswick, NJ**

Non-Seminar Activities Include:

**Service Projects
Talent Night
GCI Art Gallery
Swimming
Zumba
Spirit Night
GCI Chorus**

Who is eligible?

Girls completing their Junior year
in a New Jersey High School.

Application forms may be obtained
from the Guidance Office or a
NJSFWC Club

How to Apply?

Fill out the application form, obtain
your parent(s) or guardian's
signature to participate

Return to the Guidance Office by
Date Friday, March 1, 2024

Questions?

Contact Debra Veninger 201-788-9533 or
fedeveninger@icloud.com



GIRLS' CAREER INSTITUTE 2024 DELEGATE APPLICATION FORM

Parent / Guardian Permission form on the back

Complete and return to Guidance Counselor or local NJSFWC Club Coordinator by March 1, 2024.

Student Name _____ I Prefer to be called _____

Address _____ Apt # _____

City, State & Zip Code _____

Home Phone _____ Cell Phone _____

NOTE: The majority of Girls' Career Institute follow-up communications will be sent by email. The subject line will always be "Girls' Career Institute". Some of the emails will contain attachments. Please provide personal email (such as AOL, Gmail, etc.) address, as School emails usually reject messages if they contain attachments.

Please respond PROMPTLY to ALL emails so that we know you received the message.

Personal E-mail _____ Alternate E-mail _____

High School you currently attend _____

School Address _____

Post High School Plans/type of college _____

Major _____ Have you considered Douglass Residential College? ☐ yes ☐ no

School Activities, Community Involvement

Sports, Performing Arts, Hobbies, Other Interests

Size for t-shirt provided to all Delegates S M Lg XL XXL XXXL

Disability accommodations no yes (If yes identify) _____

Allergies none yes (If yes, identify) _____ -

Dietary restrictions _____

PARENT/GUARDIAN PERMISSION TO APPLY FOR Girls' Career Institute June 2-June 5, 2024

I am aware that my daughter **is applying to be chosen** to attend the New Jersey State Federation of Women's Clubs Girls' Career Institute to be held at Douglass Residential College on the Rutgers University New Brunswick campus from Sunday, June 2 until Wednesday, June 5.

If chosen, her attendance will be financed by the local Women's Club.

If chosen, we will be responsible to arrange for drop off and pick up at designated times.

If a situation arises that she cannot attend the entire event, she **MUST** withdraw. Notification of the Director, her school guidance counselor and the GCI Club Coordinator at the earliest possible moment is required and will allow us to select another girl to participate.

Parent or Guardian Name _____ Contact phone _____

Relationship _____ E-mail _____

SIGNATURE OF PARENT or GUARDIAN _____ Date _____

In the case of shared custody, both custodial parents must sign.

Parent or Guardian Name _____ Contact phone _____

Relationship _____ E-mail _____

SIGNATURE OF PARENT or GUARDIAN _____ Date _____

Types of ABUSE

Abuse comes in many forms.



Emotional/Verbal abuse

Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.



Financial abuse

Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning



Stalking

Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.



Physical abuse

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



Sexual abuse

Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives



Digital abuse

Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc. .



THE NEW JERSEY ASSOCIATION FOR COLLEGE ADMISSION COUNSELING INVITES YOU TO

COLLEGE KEY 2024



***FREE College Admission Workshops for
Students and Parents!***

**SATURDAY
MARCH 9, 2024**

9:00 AM - 3:30 PM

HOSTED AT MONMOUTH UNIVERSITY

The day is designed for historically underrepresented, low-income, first generation 10th and 11th grade students and their parents or guardians where students are able to get information to help them with their college application process.

Session topics include Financial Aid, Building a College List, a College Admissions Panel, and even a Campus Tour!

Questions?

Email us at
CollegeKeyNorth@NJACAC.org

Sign Up Here!



**A bird sitting in
a tree is never afraid
of the branch
breaking,
because her trust
is not on
the branch but on
its own wings.**

**Always believe
in yourself.**

-Unknown