



Sterling High School Guidance Newsletter – October / November 2021

“Dates To Remember”

October 1, 2021: Pep Rally – End of Spirit Week
October 4-8, 2021: Week of Respect
October 5, 2021: Assembly Schedule “Respect & Resilience”
October 7 & 8, 2021: Senior Portraits/Retakes
October 7, 2021: Financial Aid Night 6 pm - 8 pm
October 8, 2021: Student Early Dismissal @ 12 noon
October 11, 2021: Columbus Day – School Closed
October 13, 2021: PSAT testing/Student early dismissal @ 12 noon
October 16, 2021: Trunk or Treat 11 am – 1 pm
October 18-22, 2021: Violence Awareness Week
October 25-29, 2021: Red Ribbon Week
October 26, 2021: Choice Night
November 4-5, 2021: NJEA Convention-School closed
November 11, 2021: Seniors MUST have selected their yearbook pose by today!
November 11, 2021: Veterans Day
November 16, 2021: Parent/Teacher Conferences
November 24, 2021: Early dismissal – 12 noon
November 25-26, 2021: Thanksgiving-School closed

“ATTENTION ITEM” Welcome Back Students!

Where we are all
“U-KNIGHTED” Again !

We would like to welcome all students back to the building this year. We have witnessed many changes over the past 2 years, but one thing that remains the same is the Guidance Department.

We are still committed to you, our students, and helping you navigate through these challenging times we are all dealing with. Let’s create our “NEW NORMAL” together!

“Testing Dates”

SAT Testing Dates
<https://www.collegeboard.org>
 2021 Test Dates

** October 2, 2021 **
 November 6, 2021
 December 4, 2021

2022 Test Dates
 March 12, 2022

** May 7, 2022 **
 June 4, 2022

** Administered at Sterling
 High School **
<https://www.Sterling.k12.nj.us>

You must register at
Collegeboards.org

HIGHLIGHTS 10/2021 - 11/2021 Newsletter

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College Application Process – Where Does One Begin?

- Narrow down the colleges that interest you.
- Register for SAT’s early (see dates above)
- Meet with College Reps. for in-person visits and ask questions. (see page 2 for College visit dates.)
- Be aware of application deadlines and the documents that are required.

** FAFSA-Free Application for
 Federal Student Aid. Apply after
 October 1st of students SR year.

“College Decision Tips”**IT’S THAT TIME OF YEAR
SENIORS...**

How many of you are looking to go to College but aren’t quite sure which college you would like to attend?

This decision can be overwhelming, but we are here to help make that decision process a little less stressful for you. We are now offering in-person College visits again where representatives will come share information with you about their programs, the classes they offer,

and the extra-curricular activities offered at their campus’. The scheduled visits (listed below) are also in Naviance, for your convenience. Please register in Naviance for any visit you would like to attend.

This is one of the biggest decisions you will make, so be sure to get all of the information you need to help you with the decision of what your future will look like.

“College Fall Open Houses”

| | |
|---------------------|---------------|
| Daemen College | Sat. 10/16/21 |
| Drexel University | Sat. 10/09/21 |
| | Sun. 10/10/21 |
| | Sat. 11/13/21 |
| Monmouth Univ. | Sun. 10/10/21 |
| New Paltz Univ. | Sat. 10/30/21 |
| Rider University | Fri. 10/22/21 |
| | Sun. 10/24/21 |
| | Fri. 11/05/21 |
| Stockton University | Sun. 10/03/21 |
| | Sun. 11/07/21 |
| Ursinus College | Sat. 10/09/21 |
| Widener University | Sun. 10/10/21 |
| York College of PA | Sat. 10/30/21 |
| | Sat. 11/13/21 |

ALL COLLEGE VISITS WILL MEET IN THE MAIN PRESENTATION ROOM IN THE LIBRARY***“COLLEGE VISITS”*****AT STERLING HIGH SCHOOL****October**

| | | |
|------------------------|-----------------|---------|
| McDaniel College | Wed. 10/06/21 | 1:30 pm |
| Rowan College of SJ | Tues. 10/12/21 | 9:30 am |
| University of Scranton | Thu. 10/14/21 | 1:30 pm |
| Georgian Court Univ. | Mon. 10/18/21 | 9:30 am |
| Automotive Train. Ctr. | Tues. 10/19/21 | 1:30 pm |
| Stockton University | Wed. 10/20/21 | 1:30 pm |
| Rutgers Univ./Camden | Thurs. 10/21/21 | 9:30 am |
| Montclair State Univ. | Mon. 10/25/21 | 9:30 am |
| Monmouth University | Thurs. 10/28/21 | 1:30 pm |

November

| | | |
|-------------------------|-----------------|---------|
| Widener University | Tues. 11/02/21 | 9:30pm |
| Neumann University | Tues. 11/02/21 | 1:30 pm |
| St. Joseph’s University | Mon. 11/08/21 | 1:30 pm |
| Camden County College | Tues. 11/09/21 | 9:30 am |
| Holy Family University | Thurs. 11/11/21 | 9:30 am |
| Ramapo College | Fri. 11/12/21 | 1:30 pm |
| Rowan University | Mon. 11/15/21 | 9:30 am |

“A WORLD OF POSSIBILITIES”

Why would a student consider volunteering? People choose to volunteer for a variety of reasons. For some, it offers the chance to give something back to the community or make a difference to the people around them. But the truth is that there are other benefits to volunteer work also.

Volunteering helps teenagers gain new skills necessary for the job market such as leadership, communication skills, dependability, time management, and decision making. There are many different organizations, clubs, and even medical fields that count on volunteers to help them serve the people they need to serve. More importantly, volunteering is impressive when put on your college resume. Most colleges want to see a well - rounded student who has many different experiences in life.

CHALLENGE: take a few minutes and see if there is a certain area that you might want to consider doing some volunteer work in! It could benefit you in many ways.

Focus on Mental Health

Mrs. Robynn Considine

Director of Secondary Education



~ U-Knighted by Wellness ~

Sterling High School welcomes “U-Knighted by Wellness” as a program focusing on the mental health needs of our students.

“U-Knighted by Wellness” is a school-wide program aiming to recognize the impact that students’ mental health has on their learning and academic success.

~ Goals ~

- * Assess the mental health needs of students.
- * Provide activities, curriculum, and resources to support mental health needs.
- * Build collaborative relationships between school, students, families, and community members.

“U-knighted by Wellness” will have after school opportunities for students to support students’ mental health and well-being.

“U-Knighted by Wellness” activities will be coordinated on a 6-week rotation meeting once a week after school. Students can sign up for an activity by visiting this link:

<https://forms.office.com/r/ZYJATu5EDd>

Examples of activities for the 2021-2022 school year will be:

- **Yoga**
- **Meditation**
- **Jewelry Making**
- **Art**
- **Makerspace**
- **Culinary**
- **Garden**
- **Support Groups**
- **And many more to come...**

October 2021 Monthly Theme:

“U-Knighted by Wellness” will be committed to monthly themes. October will focus on “Encouraging U-Knighted by Respect” with initiatives for Respect Week during October 4th – 8th.

Activity Leaders:

- Joyce Phillips (Teacher)
- Becky Forcellini (Teacher)
- Dan Riley (Teacher)
- Margaret Wilson (Social Worker)
- Kristin Irace (Media Specialist)
- Kacey Waters (Teacher)

November 2021 Monthly Theme:

November will focus on “U-Knighted by Gratitude”!

Committee Members:

- **Robynn Considine (Director of Guidance)**
- **Lauren Kocher (Guidance Counselor)**
- **Tara Eberly (Guidance Counselor)**
- **MaryJo Eppright (Student Support/HIB Specialist)**
- **John Gardiner (Teacher)**
- **Kelly Johnson (Teacher)**
- **Stacy Diduch (School Psychologist)**
- **Sierra Jordan (Teacher)**
- **Sofia Capinha (Teacher)**
- **Carrin Bachowski (Teacher)**

Guidance Department

| | |
|----------------------|-----|
| Ms. Lauren Kocher | A-C |
| Mr. Keith Controvich | D-J |
| Mr. William Scully | K-N |
| Mrs. Patrice Litle | O-S |
| Mrs. Tara Eberly | T-Z |

Mrs. Erin Dever
Guidance Secretary/Registrar

Ms. Linda Giambri
Guidance Secretary

Do you enjoy meeting new people and helping to put a smile on their face? We all need to eat and love our favorite foods, so you might want to consider applying for a job at your local restaurant or favorite fast-food place. Host/Hostess, Server, Bus person, Dish washer, or Cashier. There are help wanted signs everywhere you look, so you could make some nice money to help with your future plans, while helping serve others.

Employment Opportunities

After the past two years of shut-downs for some of our favorite places to eat, shop, and gather, employees and staff are desperately needed in many different places. You can now find a job that offers a competitive salary and certain benefits; often with an incentive bonus too!

Other employment ideas:

Walmart
Target
Kohl's
Wawa
Royal Farms
Car Wash
Clementon Park
Sahara Sam's
Movie Theater
Childcare facility
Lawn Service Company

American Pool of Southern New Jersey

A local pool management company that provides services to commercial community pools. They provide lifeguard job opportunities for teens starting at the minimum age of 15. They will train you to become a lifeguard, which in turn also encourages responsibility, teaches lifesaving skills, and looks great on that college application.

For further information on setting up an individual interview session using the "ZOOM" platform, feel free to reach out to Melissa "MIMI" Hill, Staffing and Recruiting Manager, at [americanpool.com / guardforlife.com](http://americanpool.com/guardforlife.com) or call at 856-767-5159.



How will you spend your first paycheck?

How to handle an interview successfully.

1. **Be prepared for the interview.** Know where, when and with who. Try to gather some information about the company you are interviewing with also. You want to be knowledgeable.
2. **Dress for Success.** You can only make a first impression one time. Look sharp and remember...your appearance says a lot about you.
3. **Practice makes perfect.** Prepare some sample questions you think an interviewer might ask and practice answering them with a family member or friend.
4. **THE INTERVIEW:** Have your own set of questions ready to ask. Go alone and arrive 10 minutes early. Be courteous to everyone you encounter. Maintain eye contact with the interviewer. Close with a strong statement about yourself and your skills.
5. **After the Interview:** Thank the interviewer for their time and consideration. Once you are home, type out a thank you letter and send it out the same day. Include a brief reminder of your interest and skills and include anything you might have forgotten.