



Sterling High School Guidance Newsletter – March 2023 / April 2023 / May 2023

“Dates To Remember”

March 1, 2023: Late Opening – Students arrive at 8:53 am
March 8, 2023: Dodge Ball Games- at 5:30 pm doors open/6:00 pm games start
March 9, 2023: Parent Prom Program at 6:00 pm
March 15, 2023: Late Opening – Students arrive at 8:53 am
March 16 – March 18, 2023: Spring Musical at 7:00 pm
March 18, 2023: Senior Citizen Tea at 11:30 am/show at 2pm and 7 pm
March 18, 2023: Spring Musical Matinee at 2:00 pm
March 29, 2023: Silver Awards at 6:00 pm
April 6, 2023: Early Dismissal – 12:00 noon and Neurodiversity Walk
April 7 – 14, 2023: Spring Recess – school closed
April 19, 2023: Late Opening and Parent/Teacher Conferences
April 28, 2023: Promenade and Prom – Student Early Dismissal – 12:00 noon
May 3, 2023: Navy Knights COC from 5:00 pm – 8:00 pm
May 5, 2023: Career Day Blocks 1&2
May 9, 2023: Spring Concert at 7:00 pm
May 12, 2023: Inter District Art Show from 4:00 pm – 9:00 pm
May 12, 2023: Senior Citizen’s Prom from 3:00 pm – 7:00 pm
May 22 – 26, 2023: Spring Spirit Week
May 26, 2023: Early Dismissal – 12:00 noon
May 29, 2023: Memorial Day – School closed
May 31, 2023: Senior Awards Ceremony and dinner – time TBD



“ATTENTION ITEM”

As Spring arrives and the weather gets even nicer, be sure to get outside and work on your health goals, as well as your mental health needs.

“Spring has Sprung”

“Testing Dates”

SAT Testing Dates

<https://www.collegeboard.org>

2022-2023 Test Dates

March 11, 2023

**** May 6, 2023 ****

**** Administered at Sterling High School ****

<https://www.Sterling.k12.nj.us>

You must register at [Collegeboards.org](https://www.collegeboards.org)

HIGHLIGHTS

**3/2023 - 4/2023 – 5/2023
Newsletter**

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College Application Process – Congratulations on the acceptance letters you have received.

- **Be sure to celebrate your accomplishment**
- **Be sure to give a copy of your letter to your Counselor**
- **Be sure to make your decision and get your deposit in on time – Usually by May 1st.**
- **Continue to apply for any Scholarships available to you!**

“College Decision Tips”

What are your next steps after choosing your college?

After you have made that important decision of where you will be attending college, be sure to get your deposit in on time and look into your entire scholarship/financial aid package. The sooner you understand your financial responsibility, the better.

Once that is taken care of, you have one other responsibility before you can start planning for your big move onto campus. **Be sure to finish strong for your Senior year.** You sure don't want to complicate the situation you have worked so hard for up until now, by dropping the ball, or your grades. Your hard work has paid off so far so keep working right up until Graduation!

Heading to the Dorm

One of the most exciting things about college is that you are now ready to move into your dorm...a form of living on your own, or at least away from your family. There will be some big adjustments, so you want to make sure you are as prepared as possible when moving in. Here is a list of some of the things that you will need to make this move a successful one:

- Sheets, pillows and blankets for your bed
- Clothing and shoes for school and social purposes (hangers)
- Your computer/charger

- Your cell phone/charger
- Books, notebooks and supplies, Electrical strip, etc.
- Toiletries for bathroom/shower
- Food and drinks for the room for late night snacking
- Pictures and wall hangings to make your space personal
- TV, Refrigerator, books to read or games you enjoy playing
- Laundry detergent, bleach, cleaning supplies
- An iron, clock, area carpet, trash can and desk lamp
- Get your meal plan activated
- Reach out to your new roommate to introduce yourself to them

Scholarship Opportunities for Seniors are out there...take the time to find them!

Please look on the website, under **Guidance-Senior Scholarships**, for more information regarding the following Scholarship opportunities:

Adventure Ted Scholars Program
Betty Albrecht Memorial Scholarship
Builders League of South Jersey Scholars
Calvin Coolidge Presidential Foundation
Camden County Retirees' Education Assoc.
Cirkled in Scholarship Account
Communications Workers of America

Delta Sigma Theta Sorority, Inc. NJ
John Green Memorial Service Award
Marine Traders Assoc of New Jersey
NJ School Buildings & Grounds Assoc.
NJUA – New Jersey Utilities Assoc.
Noel Soccer Foundation
Southern Jersey Buffalo Soldiers Club
South Jersey Bass Club Assoc.
Theta Pi Omega Chapter Scholarships
Zeta Phi Beta Sorority Inc. Gamma Nu

Spring Open House: Camden County College

Schedule a Campus visit to tour the beautiful campus with one of the tour guides to experience everything the Blackwood or Camden Campus has to offer. It will take about one hour of your time and will be very informational. Questions are welcomed throughout the tour, so you will leave with all of the important information you will need to make your college choice decision. Go to the following website to schedule your tour today:

<https://www.camdencc.edu/admissions-financial-aid/campus-tours/>

Rowan College of South Jersey.

Rowan College of South Jersey – Gloucester Campus
1400 Tanyard Road Sewell, NJ 08080
Find your Fit. Plan your Future.

Join our Open House to learn more about the programs that are offered at our campus. You can connect with the faculty, meet with an academic advisor, learn about the different ways to make college affordable and explore the campus.

Join us on Thursday, March 23, 2023 from 6:00 pm – 8:00 pm.

“A WORLD OF POSSIBILITIES”

Creating an Activities Resume can be very beneficial

Colleges know that you are much more than just your test scores and GPA, so this is your opportunity to show them that there is so much more to who you are. Here are five pro tips to create your unique activities resume:

1. **Keep it simple.** No longer than a single page is best here and be sure to keep it clean and to the point.
2. **Be selective** with your choices and choose the more impressive items to share.
3. **Be concise.** Give your item or activity a title, a one sentence description of that activity, a one sentence description of your involvement in that activity, and any awards or special recognition you might have received pertaining to that activity.
4. **Spread the love.** Share this with someone who can proof-read it for you.
5. **Take this resume with you** on all College visits and share it with as many people as possible! **(ALSO CREATES TALKING POINTS for future interviews)**

Focus on Mental Health

Mrs. Robynn Considine

Director of Secondary Education



~ U-Knighted by Wellness ~

Sterling High School continues building on our “U-Knighted by Wellness” 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” continues to 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 2022-2023 school year will be:

- **Knitting & Crochet**
- **Mindfulness**
- **Jewelry Making**
- **Makerspace**
- **Games/Esports**
- **Support Groups**
- **And More to come!**

Activity Leaders:

- Margaret Wilson (Social Worker)
- Kristin Irace (Media Specialist)
- Alea Qira (Teacher)

Mindful Movement Program



MEDIA CENTER 3A & 3B on Thursday's

Come on out and join us for the “Mindful Movement Program” designed and facilitated by Jess Giambri, a proud Sterling Alumni! She will introduce the power of breath and connection with self so you can be more aware and in control of your thoughts and feelings.

Guidance Department

Committee Members:

- **Robynn Considine (Director of Guidance)**
- **Lauren Kocher (Guidance Counselor)**
- **Tara Eberly (Guidance Counselor)**
- **MaryJo Eppright (Student Support/HIB Specialist)**
- **Sierra Jordan (Teacher)**
- **Sofia Capinha (Teacher)**
- **Carrin Bachowski (Teacher)**
- **Beth Donato (Nurse)**

Ms. Lauren Kocher A-Co

Mr. Keith Controvich Cr-Hi

*Cases shared between counselors *
Hn-Mc

Mrs. Patrice Litle Me-Ro

Mrs. Tara Eberly Ru-Z

Mrs. Erin Dever
Guidance Secretary/Registrar

Ms. Linda Giambri
Guidance Secretary

While preparing for the transition from High School to College, should a student consider having a job? Many experts agree that the responsibility of holding either a part-time job or a full-time job can be very beneficial for a student – financially and otherwise. The critical aspect of landing a job, regardless of whether you are leaving High School or College, is being prepared. You should have a firm grasp on what kind of job you are looking for and then find out what the requirements are for that position. Here are the top 12 tips for “Seniors” to be successful in your job hunt.

1. Network and practice interviewing
2. Know what you are passionate about and look in that field

Employment Yes or No?



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3. Learn to expand your personal boundaries
4. Do your leg work
5. Identify company values you can get behind
6. Find a mentor and create a plan
7. Identify what makes you unique
8. Build your professional brand
9. Globalize your thoughts and actions
10. Clean up your social media accounts
11. Make your resume real-world ready
12. Improve your communication

How do you possibly pick a CAREER?

Finding a career can be just like buying a new car! Here are fun ways to Test-Drive a Career!

1. **Check under the hood.** Start by looking inside yourself. Your Interests! Your Values! Your Personality!
2. **Kick the tires.** Gather information about specific careers you are considering.
3. **Take it for a spin.** Job shadow. Internship. Co-op position. Volunteer. Part time job or summer job.
4. **Green light...GO!** Use the information you have found and choose the career that best fits you!



Opportunities don't always happen. Sometimes you have to create them.

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.