



## Sterling High School Guidance Newsletter – October / November 2022

### “Dates To Remember”

- October 3-7, 2022: Week of Respect / Spirit Week
- October 4, 2022: Mr. Sterling 7:00 pm
- October 6, 2022: Homecoming Dance 7:00 pm
- October 7, 2022: Fall Pep Rally – Homecoming
- October 7, 2022: Student early dismissal @ 12 noon
- October 10, 2022: Columbus Day – School Closed
- October 12, 2022: PSAT Testing – Student Early Dismissal - 12 noon
- October 13, 2022: Financial Aid Night from 6:00 pm – 8:00 pm
- October 17-21, 2022: Violence Awareness Week
- October 20, 2022: First Community SEPAC Advocacy Meeting (parents only) Must RSVP by 10/14/22
- October 22, 2022: Trunk or Treat at the Castle - 10 am – 12 pm - free entry (Rain Date 10/23)
- October 24-28, 2022: Red Ribbon Week
- October 26, 2022: Choice Night
- October 28, 2022: Fall Pep Rally
- November 5, 2022: SAT’s at 7:00 am
- November 9, 2022: NHS Induction
- November 9, 2022: Veteran’s Day Breakfast from 8 am – 10 am
- November 10-11, 2022: NJEA Convention-School closed
- November 11, 2022: Veterans Day
- November 16, 2022: Parent/Teacher Conferences at 6 pm
- November 17, 2022: Battle of the Bands at 7:00 pm
- November 18, 2022: Blood Drive

### More Dates to Remember

- November 23, 2022: Early dismissal – 12 noon
- November 24-25, 2022: Thanksgiving-School closed
- December 2, 2022: Evening with Santa from 5 pm – 8 pm
- December 13, 2022: Winter Concert at 7:00 pm
- December 23, 2022: Early Dismissal – 12:00 noon
- December 24 – 31, 2022: Winter Recess – School Closed

### “ATTENTION ITEM”

*All Students must wear their student ID at all times. If you lose or forget your ID one day, you must get a temporary ID from the Vice Principal’s Office.*

### “Testing Dates”

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

2022-2023 Test Dates  
\*\* November 5, 2022 \*\*  
December 3, 2022  
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 10/2022 - 11/2022 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 1<sup>st</sup> 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. (check Naviance often for added visits.)

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 that decision of what your future will look like.

*“College Fall Open Houses”*

Albright College	Sat. 10/22/22
	Sat. 11/12/22
Clarkson University	Sat. 10/01/22
	Sat. 11/12/22
Delaware Valley Univ.	Sun. 11/06/22
Holy Family University	Sun. 10/02/22
	Sun. 11/06/22
Ithaca College	Mon. 10/10/22
	Fri. 11/11/22
Monmouth University	Sun. 10/09/22
Rider University	Sat. 10/22/22
Stockton University	Sun. 11/06/22
Univ. of Scranton	Sun. 10/23/22
	Sun. 11/06/22

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

Rowan University	Mon. 9/19/22	9:30 am
University of Scranton	Mon. 9/26/22	9:30 am
Neumann University	Mon. 9/26/22	1:30 pm
Univ. of New Haven	Tues. 9/27/22	1:30 pm
Widener University	Thurs. 9/29/22	1:30 pm
Cabrini University	Fri. 9/30/22	1:30 pm

***October/November***

MontClair State Univ.	Tues 10/04/22	9:30 am
William Patterson Univ.	Tues 10/11/22	1:30 pm
Drew University	Thurs. 10/13/22	9:30am
Rider University	Thurs. 10/13/22	1:30 pm
Widener University	Thurs. 10/20/22	1:30 pm (re-scheduled)
Camden County College	Fri. 10/21/22	9:30 am
Moravian University	Wed. 10/26/22	9:30 am
Rutgers Univ.-Camden	Tues 11/01/22	9:30 am

***“A WORLD OF POSSIBILITIES”***

What do you want to be when you grow up? For most High School students, the answer still isn’t crystal clear. That is 100 % normal. There are plenty of ways to explore your interests in various career fields, but one great way is to participate in an internship program. An internship program is a great way to gain work experience, learn about the professional opportunities, network within career fields, and get a feel for certain fields before you make any major commitment to a specific career. Before you commit to an internship, you should always make sure that you are clear on the expectations, have a good understanding of the time commitment involved, and be aware of whether or not you will be receiving anything in exchange for your time. Some unpaid internships might offer certain other perks such as free classes in that field, travel reimbursement, or even housing. Internships are a great way to BREAK into difficult career fields for students who want to gain real life experience in a profession that normally requires an advanced degree.

# 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 2022-2023 school year will be:**

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

**September 2022:**

- National Suicide Prevention Month-new 988 Suicide & Crisis Lifeline offers 24/7 call, text, and chat access to trained crisis counselors.

*Activity Leaders:*

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

**October 2022:**

- Empowering students through dignity & respect.
- 10/10-10/14 Respect Week
- 10/27 Wellness Community Night

**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-Co
Mr. Keith Controvich	Cr-Hi
Mr. William Scully	Hn-Mc
Mrs. Patrice Litle	Me-Ro
Mrs. Tara Eberly	Ru-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 faces? What better way to engage with new people than getting a part-time job! It can provide valuable work experience, transferable skills, a sense of independence and some extra income. All with the opportunity of making new friends along the way. Add to that resume by applying for a part-time job doing something you would enjoy doing! Think outside the box and use your creative skills to find that “perfect” first job for you.

## Employment Opportunities



### Other employment ideas:

- Walmart
- Target
- Kohl's
- Wawa
- Royal Farms
- Car Wash
- Clementon Park
- Sahara Sam's
- Movie Theater
- Childcare facility
- Lawn Service Company
- Diggerland USA
- Nuccio's Pizza
- McDonalds
- Uber Eats

### DIGGERLAND

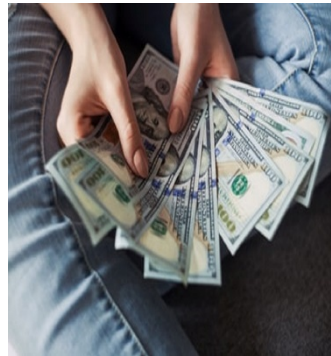
[DIGGERLANDUSA.com/Jobs](http://DIGGERLANDUSA.com/Jobs)

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[diggerlandusa.com/jobs](http://diggerlandusa.com/jobs)



Think big...Trust yourself...and make things happen! Your opportunities are endless.

### 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.