



Sterling High School Guidance Newsletter – December 2022 / January 2023 / February 2023

“Dates To Remember”

December 1, 2022: Battle of the Bands from 6pm – 9 pm
December 2, 2022: Evening with Santa from 5 pm – 8 pm
December 9, 2022: CHOP Pajama Day – Students - \$2.00 donation to participate or bring in a pair of new PJ's.
December 13, 2022: Winter Concert at 7:00 pm
December 15, 2022: YST Holiday Party @ 2:30 pm
December 16, 2022: Toys for Tots Drive from 8 am – 4 pm
December 19, 2022: Progress Reports
December 19 – 23, 2022: Spirit week
December 23, 2022: Pep Rally and Early Dismissal – 12:00 noon
December 24 – 31, 2022: Winter Recess – School Closed
January 16, 2023: Martin Luther King Day – School Closed
January 25-26, 2023: Final Exams – 12:00 dismissal for students
January 26, 2023: End of 1st semester
January 30, 2023: Second semester begins
February 17, 2023: Early dismissal for students – 12:00 noon
February 20, 2023: President's Day – School Closed



“ATTENTION ITEM”

The Holidays are here and the entire Staff of Sterling High School would like to wish you all the best as we close out one year (2022) and move into the next (2023). Enjoy your families and have a very happy holiday season!

“Testing Dates”

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

2022-2023 Test Dates

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

12/2022 - 1/2023 – 2/2023 Newsletter

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College Application Process – Moving right along !

- As you continue working on your college applications, be sure to watch for the application deadlines.
- Once you receive an acceptance letter, be sure to give a copy to your counselor.
- Never sell yourself short. You won't know if you don't apply.

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

“College Decision Tips”

What are the right questions to ask?

How many of you are looking to go to College but aren't quite sure what questions to ask? After doing your research on a school, you need to determine what important information is missing. Be sure to ask the important questions such as:

What are the graduate school admissions rates? Is there financial aid offered and if so, what is the financial aid appeal information? What is the average class size? What percentage of students study abroad? Do you offer internship placements? What are the campus security statistics for the school? Is living on campus required or optional? What are the school's dining options? What extracurricular activities do you offer?

After asking all the right questions, it is highly recommended that you take a campus tour to familiarize yourself with the campus itself. Visiting the school is one of the more exciting parts of the college application process. On this trip, you can get a feel for what it might be like to attend this school, see the sights and sounds around the campus, and get a feel for the culture of the classroom itself. Also be sure to check out the library! Many libraries are very impressive and have access to unique resources that you won't find in just any old library. Be sure to look into the research opportunities that are available to you.

“College Open Houses”

Many colleges offer open houses for students and their parents to visit the college and take a tour of the campus. They will also offer meetings in certain places on campus, such as the classroom, the gym, or the library for you to see, while they do a short presentation explaining to you what the school has to offer. This is in a group setting, but there is plenty of opportunity to ask any questions that you might have while also getting a personal feel for the campus environment. It is highly recommended that you attend an open house for any College that you are thinking about attending. There is no better way to get your own personal feel for the school and campus itself, while getting the answers to any questions that you might have.

ALL COLLEGE VISITS WILL MEET IN THE MAIN PRESENTATION ROOM IN THE LIBRARY

“COLLEGE VISITS”

AT STERLING HIGH SCHOOL

Sterling High School offers college visits right here in our Media Center Presentation Room with many different Colleges, for the convenience of the students. These college visits usually go from September thru December. Once Spring comes around, we like to schedule additional college visits, if at all possible, but at that point in the college search process, it is suggested that you look into setting up a personal college visit with any school that you are interested in attending.

Timeline to assist in College application process:

JUNIOR YEAR:

SAT prep and testing
Planning campus visits
Create activities resume (see to right)
Create a personal essay
Create your PERFECT college checklist

SENIOR YEAR:

Complete FAFSA Application-after 10/1
Early Action/Decision deadlines - 11/1
Regular Decision App. Deadlines - 2/1
Deposit money due – around 5/1

“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)**

Letters of Recommendation

Many colleges require two to three recommendaiton letters from teachers and/or counselors. These letters are sent directly to the colleges, so it's important to choose someone that knows you and your character since you will not be able to view the final product. It is your responsibility to request the letters of recommendation, so be sure to give your teachers/counselors plenty of time to start this process. It is highly recommended to approach your references in the spring of your junior year since many

teachers prefer to write them in the summer. They are usually bombarded with letters in the fall of senior year, so you are able to set yourself apart if you start early. Provide a copy of your activities resume (discussed to the right) to your teachers, coaches, counselors, or anyone else you might ask for a letter of recommendation. This way, when they sit down to write about how great you are, they will have this handy reference guide to help them along the way!

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**
- **Art**
- **Makerspace**
- **Games/Esports**
- **Support Groups**
- **Gratitude Journaling**
- **And More to come!**

Activity Leaders:

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

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
*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

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



Interested in becoming an entrepreneur?

Some people aren't interested in working for someone else. There are many opportunities for you to start your own small business, if you choose to! What are you passionate about? What do you see yourself doing that you would really enjoy doing? Do some research and find someone, or a company, who already offers that service, and shadow them for a while. The best way to learn a business or trade is to shadow someone who is already successful in doing it!

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
Restaurants

What would I like to be when I grow up?

I'm sure people have been asking you that question since you were just a child.

While assessing your many options, here are some hints to being successful:

1. Don't be afraid to leave your comfort zone.
2. Listen to your gut as opposed to others opinions.
3. Practice, Practice, Practice.
4. Be realistic and patient. Success doesn't happen overnight.
5. Take career assessment tests. They can be very helpful.
6. List all of your strengths and your passions.
7. Think about the lifestyle you want to live.
8. Do Research and find a Mentor!



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.