



Sterling High School Guidance Newsletter – December 2023 / February 2024

“Dates To Remember”

December 1 2023: Evening with Santa from 5 pm – 8 pm
December 5, 2023: Senior / Junior Movie night from 6:30 pm – 9 pm
December 7, 2023: Financial Aid Night with Mike Chando 6 pm – 8 pm
December 12, 2023: Winter Concert from 7 pm – 10 pm
December 12, 2023: YST Holiday Social from 2:30 pm – 4:30 pm
December 15, 2023: Stop, drop, and roll toy drive 7 am – 3 pm
December 15, 2023: Toys for Tots Drive/Wrapping party for Interact
December 18 – 22, 2023: Winter Spirit Week
December 25 – 29, 2023: Winter Recess - school closed.
January 1, 2024: Winter Recess – school closed
January 9, 2024: NHS Induction @ 7 pm
January 15, 2024: Martin Luther King Day – school closed
January 24-25, 2024: Final Exams – student dismissal at 12 noon
January 25, 2024: 1st semester ends
January 29, 2024: 2nd semester begins
February 16, 2024: Student early dismissal – 12 noon
February 19, 2024: President’s Day - school closed
February 21, 2024: Winter Pep Rally
February 27, 2024: Black History Month Assembly

“ATTENTION ITEMS”

All Students must create a pass on Minga. Students should only be out with a generated pass and must verify their Minga pass to their location before they exit the cafeteria as well.

Attentions Seniors:

Please be sure to check out the website, frequently, for all of the available Scholarships that are listed under the Guidance tab. New ones are added as they become available!

“Testing Dates”

SAT Testing Dates

<https://www.collegeboard.org>

2023-2024 Test Dates

March 9, 2024

May 4, 2024

**** June 1, 2024 ****

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

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

You must register at Collegeboard.org

HIGHLIGHTS 12/2023 - 2/2024 Newsletter

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College Application Process – Keep moving forward!

- **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 colleges?**

It's important to ask the right questions when looking into which college will fit your needs. Here are some good questions to ask:

1. What are the graduate school admissions rates?
2. Is there financial aid offered and if so, what is the financial aid appeal information?
3. What is the average class size?
4. What percentage of students study abroad?

5. Do you offer internship placements?
6. What are the campus security statistics for the school?
7. Is living on campus required or optional?
8. What are the schools dining options?
9. What extracurricular activities do you offer?
10. When is your application deadline?

This is one of the biggest decisions you will make, so be sure to gather all of the information you will need to help you make the right choice!

“College Fall Open Houses”

Bergen Community College	11/02/23
Caldwell University	11/18/23
Fairleigh Dickinson	12/03/23
Montclair State Univ.	11/12/23
NJ Institute of Tech.	11/19/23
Rider University	11/12/23
Rowan University	11/12/23
Seton Hall University	02/19/24
Stockton University	11/11/23

**** Reach out to the colleges for more info on open houses. They often do personal tours also which would be very beneficial for you!**

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 year, it is suggested you look into setting up a personal visit or tour at the colleges you are seriously interested in attending.

General Timeline to assist in College application process:**JUNIOR YEAR:**

SAT prep and testing
 Planning campus visits
 Create activities resume (see to the 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 tips to creating 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! This is a perfect time for you to shine and sell yourself.

Letters of Recommendation

Many Colleges require two to three recommendation 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 has partnered with agencies to provide additional support focused on mental health and wellness. Programs and services are offered during the school day (3A or 3B) and are free of cost to families.

First Children Services – individual counseling services provided by a licensed clinician.

Bridge to Balance – focus will be on helping individuals develop essential skills for emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness. A licensed clinician serves as the group facilitator.

Mindful Movement – (Skilled based group) Sterling Alumna, Jessi Giambri, helps to create a mindful space where students can learn mindfulness tools, including intentional connection, active listening, mindful communication, goal setting, and self-love.

After school support – Sterling will be facilitating after-school activities that focus on connectedness and wellness. The activities included in this program are listed in the next column.

Activity Leaders:

Examples of activities for the 2023-2024 school year will be:

- Knitting & Crochet
 - Mindfulness
 - Jewelry Making
 - Art/Cake Decorating
 - Makerspace
 - Movement & Dance
 - And More to come!
- Joyce Phillips (Teacher)
 - Becky Forcellini (Teacher)
 - Dan Riley (Teacher)
 - Kacey Waters (Teacher)

We are always looking for new students to come out and participate. Give it a chance to open your eyes to things you just never knew you were capable of!

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
Mrs. Christine Brennan	Hn-Mc
Mrs. Patrice Litle	Me-Ro
Mrs. Tara Eberly	Ru-Z

Mrs. Erin Dever
Guidance Secretary/Registrar

Ms. Linda Giambri
Guidance Secretary

Unique employment ideas:

Youth Sports Photographer
 Philadelphia Union youth soccer coach
 Dog walker / pet sitter
 Tutor for younger students
 Prom Sales Stylist
 Amusement ride operator
 Lifeguard / Swim instructor
 Party host for children's parties
 Candy Maker
 Camp Counselor
 Dance Instructor
 Yoga Instructor
 Sports Trainer
 Referee
 Golf Caddy
 Create a YouTube channel

Employment Opportunities



Good help is hard to find...be the one they want to offer that job to! SHOW UP, BE ON TIME AND DRESS FOR SUCCESS!

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

First Time Job Experience:

A good first job can help you earn cash and give you valuable work experience. One of the challenges, however, is flexibility. Jobs for teens have to fit your busy lives and schedules. They can't require loads of experiences, have a rigid 9-to-5 schedule, or let's be honest... be boring. What they can do, though, is teach students about responsibility, reinforce what you are learning in school, teach the important value of money, introduce you to new friends, teach you major life skills like patience and time management, and most importantly, I'm sure you will agree, is offer you major perks and/or discounts at your place of employment!



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

How to handle an interview successfully.

- 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.
- Dress for Success.** You can only make a first impression one time. Look sharp and remember...your appearance says a lot about you.
- Practice makes perfect.** Prepare some sample questions you think an interviewer might ask and practice answering them with a family member or friend.
- 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.
- 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.