



## Sterling High School Guidance Newsletter – October / November 2023

### “Dates To Remember”

October 2-6, 2023: Week of Respect  
 October 2, 2023: ASVAB testing  
 October 5, 2023: End of Mini 8-1  
 October 6, 2023: Progress Reports  
 October 6, 2023: Student early dismissal – 12:00  
 October 9, 2023: Columbus Day – School closed  
 October 11, 2023: Student early dismissal – 12:00  
 October 13, 2023: Assembly - Safe Schools Month  
 October 13, 2023: BIU Tailgate @ 6 pm / Homecoming reveal at halftime  
 October 13, 2023: Homecoming Game  
 October 14, 2023: Trunk or Treat  
 October 16 – 20, 2023: Spirit Week  
 October 17, 2023: Mr. Sterling @ 7pm  
 October 19, 2023: Homecoming Dance @ 7 pm  
 October 20, 2023: Pep Rally  
 November 8, 2023: Veteran’s Day Breakfast from 8 am – 10 am  
 November 8, 2023: Fall Dance Concert @ 7 pm  
 November 9-10, 2023: NJEA Convention – School Closed  
 November 14, 2023: Battle of the Bands @ 7 pm  
 November 15, 2023: Parent/Teacher Conferences @ 6 pm  
 November 17, 2023: Powder Puff Game at 7:30 am  
 November 17, 2023: Flag Football Tournament from 5 pm – 7 pm  
 November 20, 2023: Thanksgiving Basket / Holiday Basket Distribution from 2:45 pm – 4:30 pm  
 November 22, 2023: Student early dismissal – 12:00  
 November 23-24, 2023: Thanksgiving – School closed

### “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.*

#### Student ID’s

*All Students are responsible for providing their ID upon request and entrance into any part of the school building.*

### “Testing Dates”

#### SAT Testing Dates

<https://www.collegeboard.org>

#### 2023-2024 Test Dates

**\*\* November 4, 2023 \*\***

December 2, 2023

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](https://www.collegeboard.org)

### HIGHLIGHTS

10/2023 - 11/2024

#### 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. 11/18/23
Clarkson University	Sat. 11/04/23
Delaware Valley Univ.	Sat. 10/28/23
Holy Family University	Sun. 11/05/23
Ithaca College	Fri. 11/10/23
Monmouth University	Sun. 10/08/23
Rider University	Sat. 11/12/23
Stockton University	Sun. 11/12/23
Univ. of Scranton	Sun. 11/05/23

**\*\* Reach out to the colleges  
For more info on open houses.**

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

Montclair State Univ	Tues. 10/10/23	9:30 am
Johnson & Wales Univ	Thurs 10/12/23	9:30 am
Rider University	Thurs 10/12/23	1:30 pm
Monmouth University	Mon. 10/16/23	9:30 am
Camden County College	Tues 10/17/23	1:30 pm
SCAD College	Thurs 10/19/23	1:30 pm
Mass. College of Pharm	Fri 10/20/23	9:30 am
St. John’s University	Tues 10/24/23	1:30 pm
University of Scranton	Wed. 10/25/23	1:30 pm
Alvernia University	Tues 10/31/23	1:30 pm

**November**

Rutgers Univ. Camden	Thurs 11/02/23	9:30 am
Lafayette College	Thurs 11/02/23	1:30 pm
Drew University	Wed. 11/08/23	9:30am
Ramapo College	Wed. 11/08/23	1:30 pm
Fairleigh Dickinson Un	Tues 11/21/23	1:30 pm

***“A WORLD OF POSSIBILITIES”***

What is a passion project? It is an endeavor that is uniquely yours. It is not a school assignment or a prescribed task – it’s your opportunity to explore an area of interest that is unique to you. A project that you are excited to pursue because you are motivated to learn more about the topic and to devote time and energy to it. It should bring you a sense of joy, intellectual and creative fulfillment, and personal satisfaction, while being something you can proudly showcase on college applications.

This is a chance for you to dive deep into a topic that interests you, like maybe a specific career path, to engage in a way that you can’t get from just surface-level reading or research. In a time where college applications are becoming more test-optional and schools value extra-curricular activities more than ever, passion projects can help you stand out. Showcase yourself by creating something that is uniquely your own, while learning so much along the way. You and your future deserve it!

# 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.

**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!**

**Activities will begin in November**

**October 2023:**

- Respect Week 10/2/23 – 10/6/23
- Hispanic Heritage Family Night 10/10/23 from 6-m -9 pm
- Red Ribbon Week 10/23/23 – 10/31/23

*Activity Leaders:*

- Joyce Phillips (Teacher)
- Becky Forcellini (Teacher)
- Dan Riley (Teacher)
- 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
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

## 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



**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

### 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.

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.