

**Sterling High  
School  
Guidance**  
NEWSLETTER  
October 2020



**Sterling High School**  
*"Home of the Silver Knights"*

**DATES TO  
REMEMBER**

**SAT TESTING DATES**  
<https://www.collegeboard.org>

**2020 Test Dates:**  
September 26, 2020  
\*\*October 3, 2020  
November 7, 2020  
December 5, 2020

**2021 Test Dates:**  
March 13, 2021  
\*\*May 8, 2021  
June 5, 2021

\*\* Administered at Sterling High School  
<https://www.Sterling.k12.nj.us>  
You must register at  
[collegeboard.org](https://collegeboard.org)

**COLLEGE APPLICATION PROCESS -  
WHERE DOES ONE BEGIN?**

- NARROW DOWN THE COLLEGES THAT INTEREST YOU.
- REGISTER FOR SAT'S EARLY (SEE DATES ON THE RIGHT)
- MEET WITH COLLEGE REPS FOR VIRTUAL VISITS AS SCHEDULED (SEE PG. 4 & 5)
- REACH OUT TO SCHOOLS YOU WANT INFORMATION ON.

BE SURE TO ATTEND OUR  
BACK TO SCHOOL NIGHT ON  
OCTOBER 6, 2020, STARTING  
AT 6:30 PM.



Join us for our "ZOOM" Financial Aid Presentation on October 8, 2020 @ 6:00 pm. Complete the Registration form on the Website under the Guidance tab for the Link to participate!

**"WELCOME BACK SENIORS!"**  
AS WE ALL KNOW, THIS SCHOOL YEAR LOOKS TO BE ONE LIKE NO OTHER! THINGS ARE BEING DONE A LOT DIFFERENTLY THEN WE ARE ALL USED TO, BUT OUR DEDICATION HERE IN THE GUIDANCE DEPARTMENT HASN'T CHANGED AT ALL. WE ARE COMMITTED TO YOU, OUR STUDENTS, AND HELPING YOU NAVIGATE THROUGH THE COLLEGE PROCESS.



**FOCUS ON YOUR FUTURE**

FAFSA – Free Application for Federal Student Aid. It rewards federal merit-based and need-based grants as well as loans and scholarships. Be sure to apply early – you may begin applying October 1<sup>st</sup> of the students senior year!

**Highlights**  
**\*\*October 2020\*\***  
**Newsletter\*\***

College Application Updates-Pg 1  
Focus on Your Future (FAFSA) -Pg 1  
Dates to Remember – Pg 1  
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Open Houses/different twist – Pg 2  
A World of Possibilities – Pg 3  
TIPS for the Month – dates Pg 4 & 5  
Last page – Class of 2021 Senior Portraits information flyer

Working together to contribute positively to Society as we all stay healthy!



# OPEN HOUSES/ COLLEGE VISITS

## A different “twist” on things

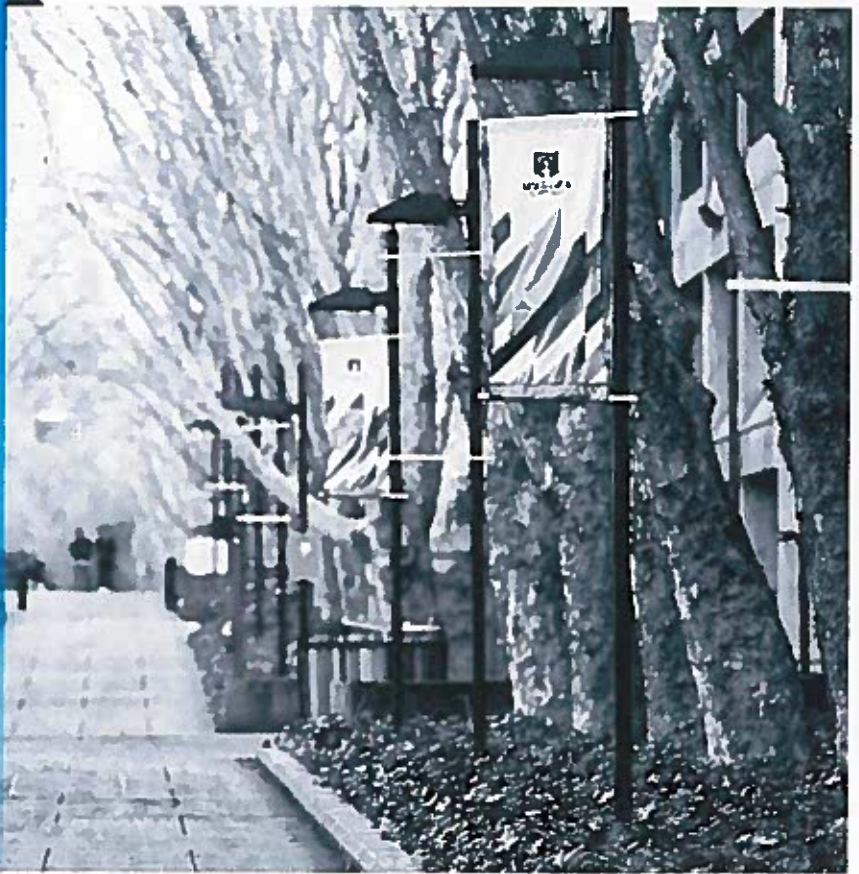
With the start of the 2020 – 2021 school year, things are going to be done a little differently this year. Most Colleges are not, at this time, making any in-person visits to high schools due to the remote learning process that schools are following. Instead, they will be offering “virtual” visits with the students. This process is going to be new and different for all of us, but we are all in this together, so we can make it happen successfully. At this stage in the game with remote learning, all of you should be familiar with ZOOM. These meetings are going to be run by the colleges through ZOOM. (See the virtual visits list and information on pages 4 & 5 of this newsletter. The Links are listed for you to join the visit). Just like they did when they came in to visit in the past, they will be sharing information with the students about their programs, the classes they offer, and the many opportunities available to you. These visits are also listed in Naviance, for your convenience, and just like last year, you must register on Naviance to attend the meetings. This will assist with attendance purposes and let the presenters know how many students are interested in attending the meeting. And that is it!! Now, all that is left to do is get together any questions that you might have for the presenters. This is a very BIG step in helping you make that BIG decision about your future plans.







Every  
accomplishment  
begins with the  
decision to try!



# A World of Possibilities

## Adjusting to the “Remote Learning” Concept

School closures back in March of last year prompted by the coronavirus pandemic have sent school administrators, as well as families, scrambling for solutions---balancing school schedules, work schedules, childcare and their children’s needs for social stimulation. Where this can be considered a frustrating and scary time, especially for high school and college students, now is the time to be creative in our thought process while navigating through these transitions. If students get the right support through these changing times, it can completely change the path that they are on. Remote learning is a big change from the average school day we are accustomed to. It has physically separated students from teachers, counselors, and other staff members who can support them during these important developmental transitions. It also becomes more challenging to stay focused and stay on task while you are doing your schooling from home. *But we are still here for you. And you can do this!* Technology has made it to where even in these challenging times, you can continue your education, while still receiving the guidance that you need to do so successfully. Here are some tips to help you make the most of your “Remote Learning Situation”. Together we can make this happen !!!

## Tips to help make Remote Learning more effective as a student

1. *Students need to be prepared.* Create your daily schedule as if it were a regular school day.
2. *Students need their space.* Create a school work area at home that will be used strictly for your school work. Try to make it a place away from distractions.
3. *Students need to participate.* Show up. Log in to the class on time. Do the assignments and do them on time!
4. *Students must stay in contact.* It is imperative to maintain a personal connection with your teachers. Email your teacher or Guidance Counselor with any questions or concerns you might have. We are here for you.
5. *Students must find a way to socialize.* Whether it be by phone, text, email or small gatherings while wearing a mask and social distancing, find a way to keep your social life alive. **\*\* Remember...we are all in this together so don't ever feel like you have to go through this alone !! \*\***

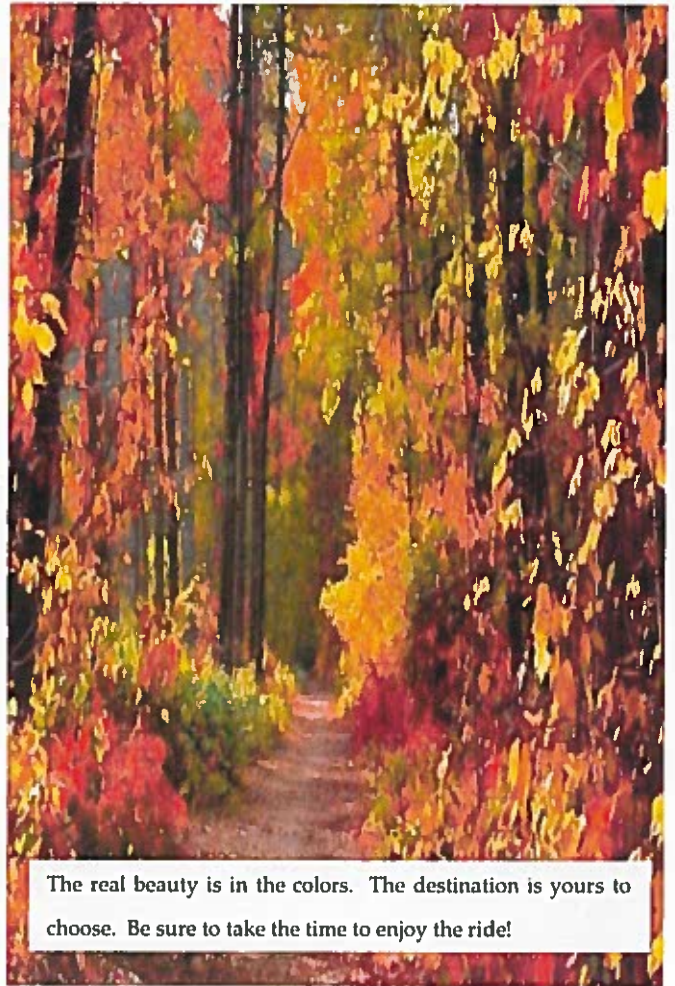
### TIPS for the Month

~Starting a new school year in 2020~

September always brings with it the anxiety of another school year. This year, however, has proven to be more challenging than any we have ever witnessed. Now more than ever, you really have to be proactive in your pursuit for information. As mentioned on page 2, Colleges are now doing "Virtual Visits" so below is a list of the upcoming College Virtual Visits that we have scheduled at this time. We have tried to schedule them for Wednesday and Thursday afternoons between 1:00 pm and 2:30 pm, as this is the timeframe that we felt would be most convenient for the students. We strongly encourage you to log on to the appropriate links given below to join the Virtual Visits for any and all colleges that might interest you. The more information you have regarding options for your future in college, the better decisions you will be able to make.

*Please remember to register on Naviance in advance to join the virtual visits.*

<u>SCHOOL</u>	<u>LOCATION</u>	<u>DATES</u>
Fairleigh Dickinson Univ.	Wednesday @ 1:00 pm	October 7, 2020
<a href="https://fdu.zoom.us/meeting/register/tJwlduurqT8uHdNjF99Kyihy2eyZfv972uRx">https://fdu.zoom.us/meeting/register/tJwlduurqT8uHdNjF99Kyihy2eyZfv972uRx</a>		
Rutgers Univ./ Camden	Thursday @ 1:00 pm	October 8, 2020
<b>Link:</b> Information to come. (Please check Naviance for link)		
Monmouth University	Wednesday @ 1:00 pm	October 14, 2020
<a href="https://monmouth.zoom.us/j/93606713052">https://monmouth.zoom.us/j/93606713052</a>		
Manor College	Thursday @ 1:00 pm	October 15, 2020
<a href="https://zoom.us/j/95787036368">https://zoom.us/j/95787036368</a>		
Seton Hall University	Wednesday @ 1:00 pm	October 21, 2020
<a href="https://us02web.zoom.us/j/87910369843">https://us02web.zoom.us/j/87910369843</a>		
Chestnut Hill College	Thursday @ 1:30 pm	October 22, 2020
<a href="https://chc.zoom.us/meeting/register/tjYsdO-trjsvHNy6t-lkppkOgV9Ce891xFpK">https://chc.zoom.us/meeting/register/tjYsdO-trjsvHNy6t-lkppkOgV9Ce891xFpK</a>		
University of Delaware	Wednesday @ 1:00 pm	October 28, 2020
<a href="https://udel.zoom.us/j/92731743858">https://udel.zoom.us/j/92731743858</a>		
Moravian College	Thursday @ 1:00 pm	October 29, 2020
<a href="https://moravian.zoom.us/j/97931171716">https://moravian.zoom.us/j/97931171716</a>		
Rosemont College	Wednesday @ 1:00 pm	November 4, 2020
<a href="https://zoom.us/j/96796770247?pwd=ek1TTGxiT1JHTepJcDhxWGFTZjBjdz09">https://zoom.us/j/96796770247?pwd=ek1TTGxiT1JHTepJcDhxWGFTZjBjdz09</a>		
Drexel University	Wednesday @ 1:00 pm	November 11, 2020
<a href="https://admissions.drexel.edu/register/?id=c5604ed2-7b0f-4600-b2ff-53d553a08abd">https://admissions.drexel.edu/register/?id=c5604ed2-7b0f-4600-b2ff-53d553a08abd</a>		



The real beauty is in the colors. The destination is yours to choose. Be sure to take the time to enjoy the ride!



<u>SCHOOL</u>	<u>LOCATION</u>	<u>DATES</u>
Seton Hill University	Thursday @ 1:00 pm	November 12, 2020
<a href="https://setonhill-edu.zoom.us/j/93282399820">https://setonhill-edu.zoom.us/j/93282399820</a>		
Wagner College	Wednesday @ 1:00 pm	November 18, 2020
<a href="https://wagner.zoom.us/j/94457649053?pwd=aDVzMHZqNFVMRIBIZW9Pam5xazdoOT09">https://wagner.zoom.us/j/94457649053?pwd=aDVzMHZqNFVMRIBIZW9Pam5xazdoOT09</a>		
Rowan College of South Jersey	Thursday @ 1:00 pm	November 19, 2020
Link: Information to come. (Please check Naviance for link)		
Western New England Univ.	Wednesday @ 1:00 pm	December 2, 2020
<a href="https://wne-edu.zoom.us/j/97120375152">https://wne-edu.zoom.us/j/97120375152</a>		
Widener University	Wednesday @ 1:00 pm	December 9, 2020
<a href="https://widener.zoom.us/j/91393672364">https://widener.zoom.us/j/91393672364</a>		

**~ FALL OPEN HOUSES BEING OFFERED~**

**Anna Maria College** is looking for practical, inquisitive, genuine, creative, influential, accepting and involved students who might be a good fit for their program. They are offering Fall Open Houses on October 31, 2020 and November 15, 2020 and are inviting students to register to attend at <https://www.annamaria.edu/admission/visit>. They offer two tours daily along with opportunities to speak to Admissions Representatives regarding programs, financial aid, and the application process. If in the New England area, they will arrange for a one-night stay for you while you are there! Please give them 2 weeks notice if you would like to stay.

**Elizabethtown College** is offering Fall Virtual Open Houses on October 17<sup>th</sup> and November 14<sup>th</sup>. They will also be offering in-person, socially distant campus tours! Students can register online for any one of the these opportunities at <http://etown.edu/visit>.

*They say that, "LIFE IS NOT MEANT TO BE LIVED IN YOUR COMFORT ZONE" so now is your chance to embrace change and "THINK BIG" ! TRUST YOURSELF AND MAKE THINGS HAPPEN!! -2020*

Upcoming Virtual Workshops from Fairleigh Dickinson University

***Transition to College***

*Wednesday, October 7, 2020*

An insiders guide to making a successful transition to college for students with IEP's and 504 Plans.

***Metacognitive Strategies***

*Monday, November 16, 2020*

An overview of reading/organizing strategies to assist students in their college careers.

**\*\* To Reserve your space contact: \*\***

Amy Malone at

[agmalone@fd.edu](mailto:agmalone@fd.edu)



Celebrate your senior year with a  
Prestige portrait session.

## Class of 2021 Senior Portraits Sterling High School

Portrait Dates: Wednesday – Friday,  
October 7<sup>th</sup> - 9<sup>th</sup>

Location: Media Center Annex

Your appointment date and time will be  
assigned to you by your school.

Questions, please call 1-800-687-9327  
(M –F 8:30am – 4:30pm) or  
[lwportraitscheduling@lifetouch.com](mailto:lwportraitscheduling@lifetouch.com)

### Information regarding your sitting:

Sittings will include Yearbook poses Tux/Drape.  
Poses will also be taken in the Cap and Gown.

The studio will supply the tuxedos, drapes, caps  
and gowns.

Bring a tank top for the drape poses and a dress  
shirt and tie for the gown poses.

Note: It is very important that you arrive on time  
for your scheduled appointment.  
No walk -ins will be permitted.

### SESSION INFORMATION:

We at Prestige Portraits are very excited to be  
able to capture this milestone in your school  
career. At this unprecedented time, we at  
Lifetouch have put in place all CDC  
recommended guide lines for taking senior  
portraits

No-touch posing and social distancing will be  
implemented. Photographers and assistants will  
not make physical contact and will keep 6 ft  
distance from subjects, customers, and  
employees.

All work areas will be cleaned after each sitting  
and all clothing, if using tux/drape, will be steam  
cleaned between each subject. All photographers  
and assistants will be wearing face masks at all  
times.

### ● SUGGESTIONS FOR POSES:

- ◆ Style your hair before your session
- ◆ Do your makeup at home
- ◆ Avoid excessive sun exposure before your session

Questions? Call toll free 800-OUR-YEAR  
or [lwportraitscheduling@lifetouch.com](mailto:lwportraitscheduling@lifetouch.com)

