



Counseling/Guidance News

MONTGOMERY HIGH SCHOOL

Volume 9, Issue 2

November 2019

News



MHS

The school year is off to a great start and, amazingly, we are already completing the first quarter. The students at all grade levels are working towards success in academics, athletics and their co-curricular endeavors. The freshmen have now learned to navigate through the building; the sophomores have settled in to high school life; the juniors are beginning to consider post-high school plans; and the seniors are enjoying their final year at MHS by exploring the many options available after high school. We are all looking forward to a terrific year!

Go Cougars!

Make sure to submit to your Digital Pink Card for every application at least 15 SCHOOL DAYS prior to the application deadline.



College Visits:

- ~We are nearing the end of our annual college visit season.
- ~Approximately 150 colleges visit MHS every year.
- ~Every attempt is made to schedule visits during unit lunch or block 4 to make them accessible to seniors.
- ~Process:
 - `Students access Naviance to sign up.
 - `Student prints the College Visitation page which serves as their pass.
 - `Students are asked to limit their visits to schools they have expressed interest in.
 - `It is always up to teacher discretion to allow students to attend.
 - `Students must make up all work from classes missed.

For all questions regarding college visits, pink cards, Naviance, etc., please contact Mrs. Cleveland (jcleveland@mtsd.us)

Upcoming Events:

- Nov 11:** College Series Presentation on Financial Aid 7pm in the MPAC
- Nov 20** Seton Hall Instant Decision Day. By appointment (see website for more information).
- Dec 9:** Rider University Instant Decision Day. By appointment (see website for more information).
- Dec 3:** College Series Presentation—parents of sophomores. Live webinar at noon. Info on how to sign in to follow soon.
- Dec 3:** Career Night: Students can come see some of the many opportunities available in their future. MPAC 6-8pm
- Jan. 6:** College Series Program for juniors: (students only) MHS Alumni student panel. Ask your questions about applying to college and college life. 7pm in the Media Center
- Jan 8 & 9:** Junior presentations in History classes
- Jan 10:** College Series Presentation for parents of juniors. Live webinar at noon. Info on how to sign in to follow soon.
- Feb 1:** Cornell Day. If you have applied to Cornell Univ., this is an opportunity to meet with a Cornell alumnus to learn more about Cornell and share a little about yourself one-on-one. Invitations will be mailed to the address you provided Cornell.

SENIORS

Application Deadline:	Pink Card Deadline:
Nov 1, 2019	Oct 18 2019
Nov 15, 2019	Oct 22 2019
Dec 1, 2019	Nov 4, 2019
Dec 15, 2019	Nov 21, 2019
Jan 1, 2020	Dec 2, 2019
Jan 15, 2020	Dec 13, 2019
Feb 1, 2020	Jan 10, 2020
Feb 15, 2020	Jan 27, 2020
Mar 1, 2020	Feb 7, 2020

Reminders:

Please check the Guidance website for updates on scholarships and other opportunities.



Do not judge me by my success, judge me by how many times I fell down and got back up again.

— Nelson Mandela



Counselor's Digital Pink Card

This form is only for seniors on _____ caseload.

Your email address (kage@mtsd.us) will be recorded when you submit this form. Not your [Gmail](#) account

* Required

First name (as shown on your transcript): *

Your answer

Last name (as shown on your transcript): *

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MHS Alumni Group

~LinkedIn group for MHS alumni
 ~Looking for graduates of MHS to network with other alumni and let us know where they are now and what they brought with them from MHS
 ~Possible participation in an alumni panel in January for current juniors and senior

If you know a recent graduate of MHS, please ask them to email Corie Gaylord (cgaylord@mtsd.us) to join the group.

We would love to hear from recent MHS alums!

Knowledge will give you power, but character respect.

—Bruce Lee



COLLEGE Scholarships

Scholarships:

~Can help alleviate the burden of the cost of college
 ~Posted on the scholarship link on the Guidance webpage
 ~Scholarships are “free monies” awarded by the government, private institutions and organizations, charitable foundations, schools, universities, etc.
 ~If a scholarship program claims that you need to spend money or join their membership—**BEWARE!**
 ~Most abundant from Sept.-Feb. for seniors
 ~Encourage your child to write that extra essay; it could be well worth it!



Week of Respect

SAC Corner

The People Project

Our Mission: To address current trends, hot topics and relevant issues with the student body through interactive, fun campaigns!

Follow us on Instagram: #mhspeopleproject

2019-2020 Members

- Neil Advant
- Marion Biondi
- Megan Conway
- Sara Curtiss
- Nikia Fenix
- Zach Feola
- Shashaank Joshi
- Madison Kim
- Alex Levy
- Kristin Lucht
- Ben Mathew
- Olivia Perkins
- Noa Ran-Resler
- Dee Sethi
- Zaina Tirmizi
- Victor Xing

For more information and for upcoming events, please feel free to contact Christine Grossmann, SAC
 cgrossmann@mtsd.us

For the Week of Respect, The People Project created this dual-read logo to help keep respect in mind to all that entered and exited the school, in turn reminding all that respect is a two way street.

The People Project is currently working on their upcoming school-wide presentation that will take place during Health/PE classes. This year, the People Project is creating a follow up discussion to be interwoven into the English classes. This is will not only provide a forum for healthy, positive conversations, but another avenue for students to create a happier and more open-minded school envi-



Vaping: “Save Your Breath”

Both the CDC and U.S. Surgeon General’s office have desperately labeled teen vaping as an epidemic. If your child is approaching 5th grade or higher, you no longer can afford to ignore this potentially devastating threat to your family’s future. Montgomery High School along with the support of the Montgomery Township Education Foundation, were able to offer a comprehensive parent program, entitled “Save Your Breath” in late October by Timothy Shoemaker. We are pleased to inform you that Tim will be returning to MHS on Wednesday, January 29th for a full school-wide assembly. Please be on the lookout for more information about this informative workshop your children will be a part of. Please feel free to learn more and access resources directly on Tim’s website: <http://timothyshoemaker.com/> Please also see this handout for [Vaping Intervention Tips](#).



“Don’t Get Vaped In”

Thanks to the Montgomery/Rocky Hill Municipal Alliance, several Montgomery staff personnel attended “Don’t Get Vaped In” training offered by Tobacco Free New Jersey. As a result of this training, those personnel have been granted access to an electronic portal that will be able to provide more curricular support across all grade levels to educate our children on the dangers of vaping.