



# SCHOOL COUNSELING DEPARTMENT NEWSLETTER



## WELCOME BACK, EAGLES!

Welcome back Eagles! This is the first addition of the 2022-2023 School Counseling newsletter. Our newsletters will provide exciting information about what is happening in the counseling department as well as important information about upcoming events! Stay tuned for our future newsletters!!!

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Continuing this school year are our Social Emotional Learning (SEL) groups. These groups cover a number of topics including: Grief, Time Management, Social Awareness, First Generation Students, STEM Anxiety & Stress, and Stress Management. These groups will be running throughout the school year. If you feel that you can benefit from any of these groups please contact your School Counselor, who can connect you to the counselor(s) who are facilitating the group.

## UPCOMING EVENTS

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**AP EXAM REGISTRATION**

**Open Now**

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**NOVEMBER SAT REGISTRATION**

**Oct 7**

.....

**STEM & PVA COLLEGE FAIR**

**Oct 8**

.....

**EHS FINANCIAL AID WORKSHOP**

**Oct 13**

.....

**MIDDLESEX ARTS HIGH**

**Oct 17**

# MEET THE Counselors



**Mr. Tom Alexander**

*School Counselor*

Mr. Alexander graduated from New York University with a B.S. in Applied Psychology and later received his M.S. in Education from The City University of New York at Hunter College. During that time, Mr. Alexander accumulated various work experiences as an intern and substitute teacher in New York City before starting his career as a school counselor in Long Island 20 years ago. Mr. Alexander will begin his tenth year at Edison High School this school year. He is married with two daughters and has a two year old goldendoodle named Luca. Mr. Alexander's favorite hobbies include Crossfit, running/hiking, and attending all of his daughters' softball, soccer, and basketball games. Mr. Alexander is also a big fan of the Yankees, Giants and Knicks!

**HUNTER**  
The City University of New York



**Mr. Andy Barone**

*School Counselor*

Mr. Barone received his B.A. from Caldwell University in Math/Education, his M.A. from Kean University in Instruction/Curriculum, and completed his Counseling Program at Kean University. He has been in education for the past 32 years; initially coming to EHS 22 years ago as a teacher and joining the Counseling Department in 2007. He is married and has three children - one in high school (12th grade), one is a college sophomore, and the oldest is a senior in college! He also has a dog - Knight - who is only "brave" when he is safe inside the house and able to bark at people who dare walk by the house or the other side of the street.



**Ms. Brittany Brotherton**

*School Counselor*

Mrs. Brotherton received her B.A. in Communication from LaSalle University and started her career as a meeting planner. After realizing her passion was with helping others she received her M.A. in Mental Health and School Counseling from New Jersey City University. During that time, Mrs. Brotherton worked and lived in Chile counseling international students. Her favorite hobbies include watching tv shows, running, yoga, and spending time with her family and dog, Nutella. She welcomed her first child, a little girl named Emma, this past year! This is her sixth year at Edison High School.



# MEET THE Counselors



**Mr. Joseph Dondero**

*School Counselor*

Mr. Dondero serves as both a school counselor and Anti-Bullying Specialist. Mr. Dondero completed his B.S. in Finance from The College of New Jersey. During his time at TCNJ, he was a member of the college baseball team, earning a nomination to the 1990's All-Decade team. Mr. Dondero has since received his M.Ed in School Counseling, MPed in Physical Education, and MAcc in Accountancy. He currently applies his knowledge of the college process to help local families through this journey. Mr. Dondero enjoys spending time with his wife, two children, and rescue dog, Bama. When home, Mr. Dondero can be found racing from sporting event to sporting event, watching movies, and cooking dinners.



**Ms. Stephanie Gallo**

*School Counselor*

Ms. Gallo completed her BA in Psychology and MA in School Psychology at Georgian Court University. In her time at GCU, she was also a four year starter for the women's lacrosse program. After graduation, she worked at Monmouth Park Racetrack and as a high school lacrosse coach. After taking some time off to work, she later went back to GCU to complete her School Counseling certification. Ms. Gallo loves spending time with her large family and many nieces and nephews. She also loves to travel and explore new places. Coach Gallo was proud to be part of the girls' lacrosse program's successful season last year. Some of her counseling roles include HIB Co-Coordinator, Homeless Liaison, and Anti-Bullying Committee member. Ms. Gallo is excited to be back for her second year at EHS!





# MEET THE Counselors



**Mrs. Martha Pinto**

*School Counselor*

Mrs. Pinto received her B.A. in Psychology & Criminal Justice at Rutgers University and her M.A. in School Counseling at Montclair State University. Mrs. Pinto is a first-generation American and very proud to be the first in her family to graduate from college. She is especially passionate about helping other first-generation, college-bound students navigate the college admissions process. Mrs. Pinto speaks Portuguese and Spanish. This is her eighth year as a School Counselor and her fifth year at EHS. Prior to joining the Home of the Eagles, Mrs. Pinto worked at an Alternative High School for students from Elizabeth, NJ, her hometown. In her spare time, Mrs. Pinto enjoys spending time with her family and her goldendoodle, Oakley.



**Mrs. Sinyee Muglia**

*School Counselor*

Mrs. Muglia completed her Bachelor's degree at New York University and Master of Education degree at Rutgers Graduate School of Education. She is also an alumna of Edison High and a proud Eagle! This is Mrs. Muglia's third year as counselor at EHS. She currently runs the Financial Aid Night, FAFSA Workshop, and Career Speaker Series. Prior to EHS, she was the school counselor at an independent school in Princeton for 3 years. At Rutgers, Mrs. Muglia was an Academic Coach to support first-generation and EOF undergraduates; she kick-started the Peer Mentor program at the federal TriO, Student Support Services (SSS) at Rutgers-New Brunswick. She began her mentoring and coaching as a Commuter Assistant at New York University from 2008-2010 for off-campus students in Brooklyn, Queens and Manhattan boroughs. Mrs. Muglia speaks English and Cantonese fluently and Spanish proficiently. Mrs. Muglia enjoys spending her free time with her husband and 2 sons. She also enjoys working out, acrylic painting, DIY projects and landscaping/gardening at home.



# MEET THE Counselors



**Mrs. Rachel Rotella**

*School Counselor*

Mrs. Rotella earned her B.S. in Business Administration, Marketing from Ramapo College in 2006. She started her career as a Project Manager for Mega Brands, Inc. before transitioning to Education. In 2007, Mrs. Rotella became a Business Teacher at her alma mater, JFK Memorial HS in Iselin, NJ. Her passion for the field of education, in all aspects, inspired her to earn her M.S. in School Counseling from Kean University. Mrs. Rotella feels extremely lucky that her career has led her to EHS as a School Counselor. This is Mrs. Rotella's eighth year as a proud Edison Eagle and with the ACES program. When she and her husband aren't chasing after their three adorable little sons, Mrs. Rotella pursues her passion for health and fitness and is busy completing projects in her family's new home.



**KEAN**  
UNIVERSITY



**RAMAPO**  
COLLEGE  
OF NEW JERSEY



**Mrs. Kimberly Zavistoski**

*School Counselor*

Mrs. Zavistoski earned her Bachelor of Arts in Sociology from Drew University in 2010 and later served as a Graduate Assistant for the Women's Soccer Team, while getting a Master of Arts and Letters. In this role, she coached, recruited, advised student athletes - and fell in love with the counseling profession. This led her to Rutgers where she got a Master of Education in School Counseling and worked as a learning specialist for Division 1 student-athletes. As an EHS alum, she enthusiastically began working in the School Counseling Department at EHS in 2019 and began her tenure track position in January 2021. Currently, she is the NCAA liaison for the Counseling Department, serves as the Co-Chair for the EHS Scholarship Committee and co-facilitates the Social Awareness SEL group with Mr. Barone. In her free time, Mrs. Z enjoys spending time with her family.

**DREW**  
UNIVERSITY



# MEET THE Counselors



**Ms. Eleanor Agmana**

*College & Career Counselor*

Ms. Agmana received her B.S. in Criminal Justice and Psychology from Rutgers University-Newark. Upon graduation she worked at the university's Office of Admissions, where she realized her passion was working with students through the college application process. She worked at the Office of Admissions for five years as she completed her M. Ed in School Counseling from Rutgers University-New Brunswick. This is Ms. Agmana's fifth school year at EHS, and high school altogether! Ms. Agmana was a busy bee this summer planning for her upcoming wedding!



**Ms. Laurie Sieminski**

*College & Career Counselor*

Ms. Sieminski graduated from Rutgers College with a B.A. in Psychology and a minor in Biological Sciences and completed her M.ED at the Graduate School of Education in Counseling Psychology. She will be continuing to coach the Edison High School Swim Team for her 7th season. Ms. Sieminski also serves as the military liaison for Edison High School and she will also continue serving on the Executive Board of New Jersey Association for College Admissions Counseling as a delegate representing NJ public high schools. She enjoys volunteering to assist families students with college applications, and spending time with her goldendoodle, Cora.



# COLLEGE Visits

Upcoming virtual and in-person college and military visits can be found below. Students must register to attend through Scoir under "Events & Deadlines." The list of visits is constantly changing. Log into Scoir to see the most up to date list.



- 10/6** | Drew University (8:30am), William Paterson University (10:00am), University of Southern California (12:00pm), New Jersey City University (V, 2:45pm)
- 10/10** | Wagner College (8:30am), University of Miami (10:45am), Duke University (1:00pm)
- 10/11** | Widener University (8:30am), Georgian Court (10:00am), The College of New Jersey (12:00pm)
- 10/13** | Albright College (8:30am), University of Maine (10:00am), University of Rhode Island (12:00pm)
- 10/17** | Wentworth Institute of Technology (8:30am), Princeton University (10:45am), Adelphi University (12:00pm), University of New Haven (V, 2:45pm)
- 10/18** | Florida Atlantic University (8:30am), Swarthmore College (10:00am), Hofstra University (12:00pm)
- 10/19** | Stony Brook University (8:30am), Albany College (10:45am), Arcadia University (1:00pm), Rochester Institute of Technology (V, 2:45pm)
- 10/20** | Nova Southeastern University (8:30am), Emerson College (10:00am), Towson University (12:00pm)
- 10/25** | University of Alabama (8:30am), Embry-Riddle University (12:00pm)
- 10/26** | Seton Hall University (10:45am), Ramapo College of New Jersey (1:00pm), Arcadia University (1:00pm), Rochester Institute of Technology (V, 2:45pm)
- 10/27** | SUNY Binghamton (8:30am), Stevens Institute of Technology (12:00pm)
- 10/31** | Utica University (10:45am), Moravian University (1:00pm), Marywood University (V, 2:45pm)



- 11/1** | Montclair State University (10:00am)
- 11/2** | Kutztown University (1:00pm), Kings College (V, 2:45am)
- 11/3** | Saint Bonaventure University (12:00pm)

\*V = Virtual (Please see your College & Career Counselor for Zoom link.)



## AP EXAM REGISTRATION

For the 2023 AP exams, students at Edison High School will be registering online. This registration will take a few minutes and can be completed from any computer with internet access. They will need to register both in MyAP and Total Registration. This year each AP exam costs \$100. Students on free/reduced lunch qualify for financial assistance through reduced fee waivers that you may apply for during registration.

Online Exam registration began on Mon, Sept 19, 2022 and will **end on Mon, Oct 31, 2022** at 11:59 PM. There will be an extended late registration time period from Oct 20, 2022 to Oct 31, 2022. Students who order exams during this period will be charged an additional \$40 per exam.

In order to register, students should click on the link provided on the school website or visit [www.TotalRegistration.net/AP/310297](http://www.TotalRegistration.net/AP/310297) to register. To complete registration, students must answer all of the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end. We know that parents may desire to register their students for exams. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

## SCOIR ACCOUNTS

Attention SENIORS! SCOIR is your best friend this year. School counselors will be utilizing SCOIR to assist you with college and career planning. All students should have received an email to set up your account. If you're not sure if you received the email or it has timed out on you please see your College & Career Counselor in College Center 2!

## COLLEGE SPOTLIGHT



### **DELAWARE STATE UNIVERSITY**

*Location: Dover, DE*

*Tuition & Fees: \$18,280*

*No. of Undergrad Students: 4,858*

Delaware State University enjoys a long history as one of America's Historically Black Colleges and Universities (HBCUs). Founded in 1891 as the State College for Colored Students, DSU is proud of our heritage as one of the country's first land-grant educational institutions. Today, DSU welcomes students from many backgrounds. Their current population includes a 62% African-American enrollment and an increasing number of Caucasian, Hispanic, Asian and other international students.

DSU offers a unique blend of past, present and future. Spanning across a 356-acre campus, you'll see centuries-old buildings. At the same time, you'll find some of the country's most skilled researchers discovering new innovations in the fields of medicine, military defense, agriculture and much more.

DSU currently offers 46 undergraduate degree options, 21 master's degree programs, and six doctoral degree programs in areas such as interdisciplinary applied mathematics/mathematical physics and educational leadership.

DSU has a regular decision deadline of **February 1**.

*If you are interested in learning more about DSU, visit **www.desu.edu** to view their virtual tour or sign up for a virtual information session.*



# AP EXAM Schedule

AP TEST	DATE	START
United States Government and Politics	Monday, 5/1/23	8:00 AM
Chemistry	Monday, 5/1/23	12:00 PM
Chinese Language and Culture	Tuesday, 5/2/23	8:00 AM
Environmental Science	Tuesday, 5/2/23	8:00 AM
Psychology	Tuesday, 5/2/23	12:00 PM
English Literature and Composition	Wednesday, 5/3/23	8:00 AM
Computer Science A	Wednesday, 5/3/23	12:00 PM
Macroeconomics	Thursday, 5/4/23	8:00 AM
Seminar	Thursday, 5/4/23	12:00 PM
Statistics	Thursday, 5/4/23	12:00 PM
European History	Friday, 5/5/23	8:00 AM
United States History	Friday, 5/5/23	8:00 AM
Microeconomics	Friday, 5/5/23	12:00 PM
2D Art	Friday, 5/5/23	TBD
Calculus AB	Monday, 5/8/23	8:00 AM
Calculus BC	Monday, 5/8/23	8:00 AM
Computer Science Principles	Monday, 5/8/23	12:00 PM
English Language and Composition	Tuesday, 5/9/23	8:00 AM
Physics C: Mechanics	Tuesday, 5/9/23	12:00 PM
Physics C: Electricity and Magnetism	Tuesday, 5/9/23	2:00 PM**
Spanish Language and Culture	Wednesday, 5/10/23	8:00 AM
Biology	Wednesday, 5/10/23	12:00 PM
French Language and Culture	Thursday, 5/11/23	8:00 AM
World History	Thursday, 5/11/23	8:00 AM
Physics 1: Algebra Based	Thursday, 5/11/23	12:00 PM
Music Theory	Friday, 5/12/23	8:00 AM
Physics 2: Algebra-Based	Friday, 5/12/23	12:00 PM

**AP Seminar and AP Research:**

5/1/23 (11:59 p.m.) is the deadline to submit performance tasks as final and for your presentations to be scored by your AP Seminar or AP Research teacher

**AP Computer Science Principles:**

5/1/23 (11:59 p.m.) is the deadline to submit your Create performance task as final.

**AP 2-D Art and Design and**

**Drawing:** 5/5/23 is the last day to assemble physical portfolios.

**All students must report to the classroom at least 30 mins prior to start time.**

# EXAM Registration

Upcoming SAT and ACT dates can be found below. Note the registration deadlines, as well as the deadline for late registration, which includes an additional fee. **If you are on Free or Reduced lunch, please see your School Counselor or College & Career Counselor for an exam fee waiver.**



Test Date	Registration Deadline	Late Registration
Nov 5 2022	Oct 7 2022	Oct 25 2022
Dec 3 2022	Nov 3 2022	Nov 22 2022
Mar 11 2023	Feb 10 2023	Feb 28 2023

*Future exam/registration dates can be found on their website*



Test Date	Registration Deadline	Late Registration
Dec 10 2022	Nov 4 2022	Nov 11 2022
Feb 11 2023	Jan 6 2023	Jan 20 2023
Apr 15 2023	Mar 10 2023	Mar 24 2023

*Future exam/registration dates can be found on their website*

# SCHOLARSHIP Opportunities

Here are some scholarships with approaching deadlines. For more scholarships, visit the [EHS Scholarship Database](#). You can also view the School Counseling Google Classrooms.

'23 EHS School Counseling GCR **5ottali** | '24 EHS School Counseling GCR. **utzvqng**  
'25 EHS School Counseling GCR **d77ggsI** | '26 EHS School Counseling GCR **wuhky6w**

## **Coca-Cola Scholars Program**

*Deadline: October 31, 2022*

Open to current 12th graders. This \$20,000 scholarship is awarded to students who are well-rounded and bright who not only excel academically but are also actively involved in their school. An ideal scholar will be service oriented and are committed to bettering their community.

<https://bit.ly/coca-cola2023>

## **Common App Scholarship**

*Deadline: December 31, 2022*

Open to graduating seniors who will be headed to either a 4-year or 2-year college in 2023. Three \$2,000 awards will be distributed to selected applicants. Students must have a 2.5 GPA and complete one of six essay prompts. The application for this scholarship can be found [here](#).

<https://bit.ly/commonapp2023>

## **Mindscape Big Picture Scholarship**

*Deadline: December 15, 2022*

Two \$10,000 scholarships are available to graduating seniors who have a deep curiosity in studying the universe for its own sake—whether that be pursuing studies in physics, philosophy, biology, mathematics, literature, or any other field that seeks better understanding of our existence.

<https://bit.ly/mindscape2023>

## **Scholarship Databases**

**Scholarships.com** - Divides scholarships by a variety of unique categories, including GPA, military affiliation, ethnicity, artistic ability, ACT or SAT score and residing state.

**College Board** - Students can filter awards by interests, field of study, club affiliations or specific situations, like if parents are divorced.

**Going Merry** - Lets students type in information once and apply for multiple scholarships at the same time.

**Scholarship Owl** - Compiles awards and organizes them by amount, types of requirements, number of winners and length of time until the application is due.

# STEM & PVA College Fair

Saturday, October 8

STEM Session  
10am – 12:30 pm

PVA Session  
3:30pm – 6pm

Rider University



SIGN UP NOW FOR FREE!  
[nacacattend.org/fairs](http://nacacattend.org/fairs)







# Make College Affordable!

## Edison High School Financial Aid Workshop

**Thursday, October 13, 2022**

**2:45-4:00PM**

**Media Center**

### ***The Free Application for Federal Student Aid (FAFSA) opens October 1!***

Get started on filing the FAFSA application with a HESAA representative and receive an overview on college tuition packages, federal and state grants, scholarships, work study and other aid.

### **Please obtain prior to the workshop:**

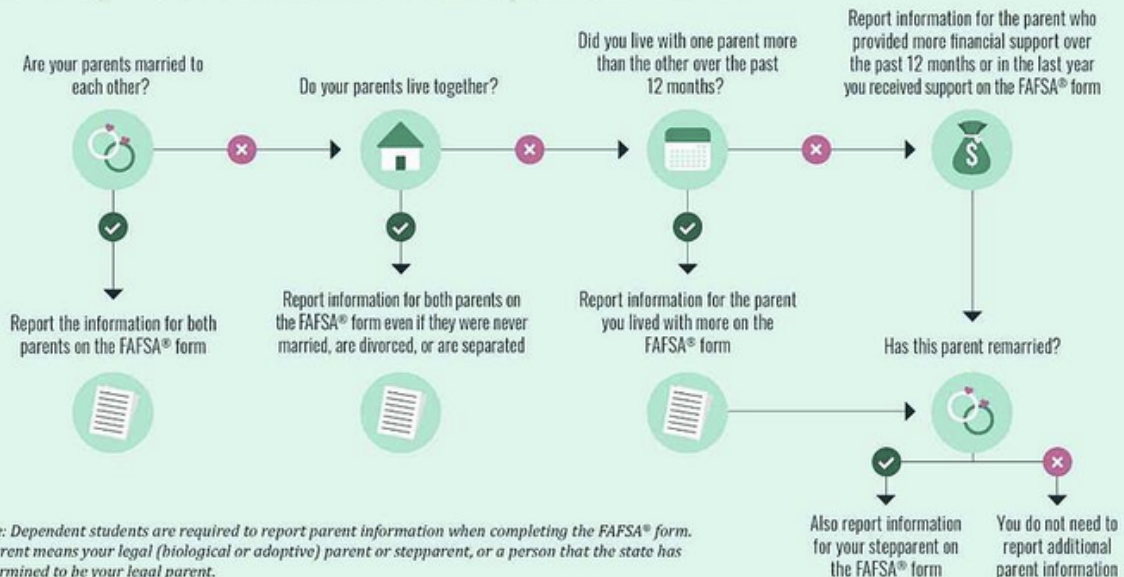
- ✓ Macbook / Laptop
- ✓ FSA ID and Password (one for the student and at least one parent): create at <https://fsaid.ed.gov>
- ✓ Copy of all 2021 Federal Income Tax Returns and W-2 forms
- ✓ Social Security numbers for parent and student or if the student is not a U.S. Citizen, Alien Registration number or documentation as U.S. Permanent Residents or U.S. Citizens
- ✓ Records of balances in checking and savings – for student and parent(s)
- ✓ Marital Status of parent(s) and date of marital status (for example, the date of marriage)
- ✓ Student Driver's License # (if applicable)

**SIGN UP TODAY (Limit to 50 Participants): <https://tinyurl.com/edisonfafsa>**

Questions? Contact School Counselor Mrs. Sinyee Muglia at [sinyee.muglia@edison.k12.nj.us](mailto:sinyee.muglia@edison.k12.nj.us)

### **Who's My Parent When I Fill Out My FAFSA® Form?**

FederalStudentAid  
an office of the U.S. Department of Education



# MIDDLESEX ARTS HIGH INFORMATION SESSION

*Monday, October 17, 2022, Period 3*

**New applicants are encouraged register:**

**[www.tinyurl.com/artshighinfo](http://www.tinyurl.com/artshighinfo)**

Middlesex County Arts High School is looking for talented students (grades 9-12) interested in applying to its programs, including:

- Art—Drawing & Painting
- Art—3-D
- Art—Anime/Manga
- Creative Writing
- Film Making
- Instrumental Music
- Modern Dance
- Musical Theatre
- Photography
- Theatre Arts
- Vocal Music



Classes begin in Spring 2023. See what our students accomplished virtually last Spring, please visit Visions 2022: <https://www.njteenarts.com/artshigh/>.

Questions? Please contact Mrs. Muglia at [Sinyee.muglia@edison.k12.nj.us](mailto:Sinyee.muglia@edison.k12.nj.us)