



G.W. Hewlett High School



December 2023

Dates to Remember

December 2nd & 3rd
PreACT at WMS
7:45 a.m.

December 4th
Grade 9 Orientation
Auditorium
7:00 p.m.

December 22nd
Counselor Color Wars
Periods 3 & 4

December 31st
[EAESA](#) opens

Reminders for Seniors:

- ◆ Transcript requests for January deadlines must be submitted to your counselor by December 4th.
- ◆ [Click here](#) to send 1st quarter grades to applied colleges, if applicable.
- ◆ Continue to view application status accounts to stay current on processing and admissions decisions.
- ◆ Share college outcomes with your counselor and recommending teachers.
- ◆ Regularly update your Naviance account with college decisions.
- ◆ [Deferred? What Next?](#)
- ◆ Research [College Scholarships](#) options!

PSAT Scores Release:

Students who took the PSAT in October should have received their scores through their College Board account. Watch this helpful video to understand how to interpret your scores.



PreACT Release:

Students taking the PreACT on December 2nd or December 3rd should have their scores back in mid-January. [Click here](#) for Understanding Your PreAct Score Guide.

Methodize:

All Hewlett High School students have access to free test prep in their Castle Learning account. Take advantage of this wonderful program, which automatically grades quizzes and full-length exams.

ACT vs SAT Score Comparison

ACT COMP	SAT TOTAL	SAT RANGE	ACT COMP	SAT TOTAL	SAT RANGE
36	1590	1570-1600	22	1110	1100-1120
35	1540	1530-1560	21	1080	1060-1090
34	1500	1490-1520	20	1040	1030-1050
33	1460	1450-1480	19	1010	990-1020
32	1430	1420-1440	18	970	960-980
31	1400	1390-1410	17	930	920-950
30	1370	1360-1380	16	890	880-910
29	1340	1330-1350	15	850	830-870
28	1310	1300-1320	14	800	780-820
27	1280	1260-1290	13	760	730-770
26	1240	1230-1250	12	710	690-720
25	1210	1200-1220	11	670	650-680
24	1180	1160-1190	10	630	620-640
23	1140	1130-1150	9	590	590-610

On-Site Admissions:

There is still time to register for the remaining on-site admissions events for our senior students. Please come to the PPS Office to learn the eligibility and register for meeting(s) with the college admissions officer.

College Name	On-Site Date	Registration Deadline
New York Tech	December 6	December 1
St. John's University	December 14	December 7
Nassau CC	December 19	December 12

Freshmen Orientation

Part I:

Academic Expectations & Scheduling for 2024-2025



December 4th

at

7:00 p.m.

- ♦ Dr. Alexandra Greenberg, Principal of HHS, will welcome parents and students in the Auditorium.
- ♦ Mrs. Mary Harrison, Guidance Chairperson, and Mr. Jarrett Rubin will review the scheduling process occurring in both buildings.
- ♦ Parents will have the opportunity to attend presentations with Department Chairs to learn about the Grade 9 curriculum and the related academic expectations.

Save the Date: April 9th

Part II:

Clubs/Activities Presentation, High School Student Panel,
Tour of the Building and more!

Counselor Color Wars



Who: All Freshmen & All School Counselors

What: Fun Competition among Counselor Caseloads

When: December 22nd; Periods 3 & 4

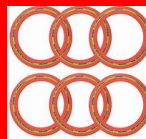
Where: Gymnasium

What to wear: Match your clothes color to your counselor color below:

CONRAD



LEDER



MURPHY



RUBENSTEIN



ROTELLA



COUNSELOR ON CALL



AFTER SCHOOL HELP AVAILABLE



**WEEKLY SIGN UP
@ THE
PPS RECEPTION DESK**

**MONDAY & TUESDAY
3:00-6:00
*ENL SUPPORT
AVAILABLE TUESDAY**

FOR MORE INFORMATION

SEE
MS. RUBENSTEIN
OR
MS. CONRAD

NEED HELP WITH::

- Common App.
- Naviance
- SRAR
- Getting started
- Moral support

PSYCHOLOGIST ON CALL



AFTER SCHOOL SUPPORT AVAILABLE



**MONDAY & WEDNESDAY
3:00-5:00**

**TO SCHEDULE AN
APPOINTMENT**

NEED HELP WITH:

- **STRESS MANAGEMENT**
- **COPING SKILLS**
- **TIME MANAGEMENT**
- **TEST ANXIETY**
- **GENERAL SUPPORT**

EMAIL:

LEINBERG@HEWLETT-WOODMERE.NET

Mark your
calendar!

Junior College/Career Night

February 6th @ 7:30 p.m.

This program marks the **'kick off' for college/career planning** for our juniors.

Topics to be discussed:

- ⇒ Where/How to Begin?
- ⇒ How are College Applicants Evaluated?
- ⇒ Importance of High School Transcript
- ⇒ Testing Requirements
- ⇒ College Essay(s)
- ⇒ Letters of Recommendation
- ⇒ Campus visits, interviews, demonstrated interest
- ⇒ Preparation for individual college conference with school counselor



Early Presentations begin at 6:45 p.m.

- ⇒ Military Options in Main Lobby
- ⇒ Presentation for Students with Special Needs in Chorus Room
- ⇒ Presentation for Spanish Speaking Families

Military Services Representatives @ 6:45 p.m.

Students interested in learning more about the United States Military branches should make an appointment to see Colleen Murphy, our military counselor liaison. The U.S. Military consists of five active-duty service branches and their respective Guard and Reserve units. Together, they offer a broad variety of ways to serve after high school and college.

Many branches also offer assistance with college tuition through ROTC programs. [Click here](#) to learn more!



College Presentation for Students with Special Needs @ 6:45 p.m.

College Admissions Representatives will:

- ◆ Share the many support systems available at colleges and universities
- ◆ Discuss the differences between comprehensive programs vs. academic services
- ◆ Emphasize the importance of self-advocacy skills as they pertain to the college setting
- ◆ Questions will be answered regarding concerns surrounding college planning, living independently, finding support, and more

College Presentation for Spanish Speaking Families @ 6:45 p.m.

- ◆ Participe con su familia en este evento donde tendrá toda la información sobre cómo entrar a la universidad.
- ◆ La presentación será dada en su totalidad en Español por unos representantes de las universidades de Nassau Community y University of Rochester.
- ◆ Se compartirá información sobre el proceso y los recursos disponibles para estudiantes latinos (becas, formularios, préstamos).
- ◆ Le daremos documentos en Español con la información necesaria sobre el proceso.

Mental Health at the Holidays

Before the Holidays:

- Remind yourself of what you are capable of doing and be realistic.
- Get yourself organized. Set a timer to keep yourself on track.
- Be prepared and make room for sadness and joy to co-exist.
- Stay in touch with loved ones, express your concerns about the upcoming holidays.
- Brainstorm and start new traditions.
- Contact a mental health professional to help you prepare, if necessary.

During the Holidays

- Spend time with loved ones.
- **Unplug from technology!** Technology can trigger loneliness. Allow your feelings to exist.
- Cherish the memories in the making.
- Make new traditions and positive memories.
- Focus on the here and now.

After the Holidays

- Decompress.
- Spend time outdoors, taking everything in.
- Set a timer and organize. A clean space will help you relax.
- Reflect on the new memories made.
- Take a deep breath. Listen to the air flow in and out. Repeat until totally relaxed.
- It's OK if you didn't get everything done. Focus on everything you did accomplish.
- Look to the future with optimism. A positive mindset goes a long way.

