Monroe Township High School College & Career Counseling Center Newsletter

Fall 2024 Edition

IN THIS ISSUE

WELCOME BACK TO SCHOOL!

THE COLLEGE & CAREER COUNSELING CENTER DEPARTMENT

DIRECTOR OF GUIDANCE

Dr. Michele Critelli

SCHOOL COUNSELORS

GRADE 9

Jared Carrier (A-Ma)
Damaris Dominguez (Mc-Z)

GRADE 10

Jessica Tagliavia (A-Lo)
Brooke Messinger (Lu-Z)

GRADE 11

Anthony Gambino (A-Ma)
Brielle Goldtein (Mc-Z)

GRADE 12

Scott Sample (A-L)
Lauren Mironov (M-Z)

Casey Buffolino - School Counselor
Paige Baniowski - SAC

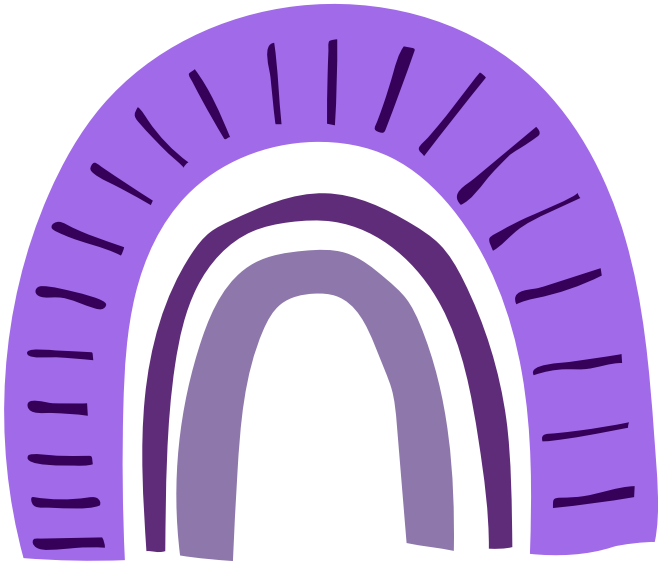
SECRETARIES

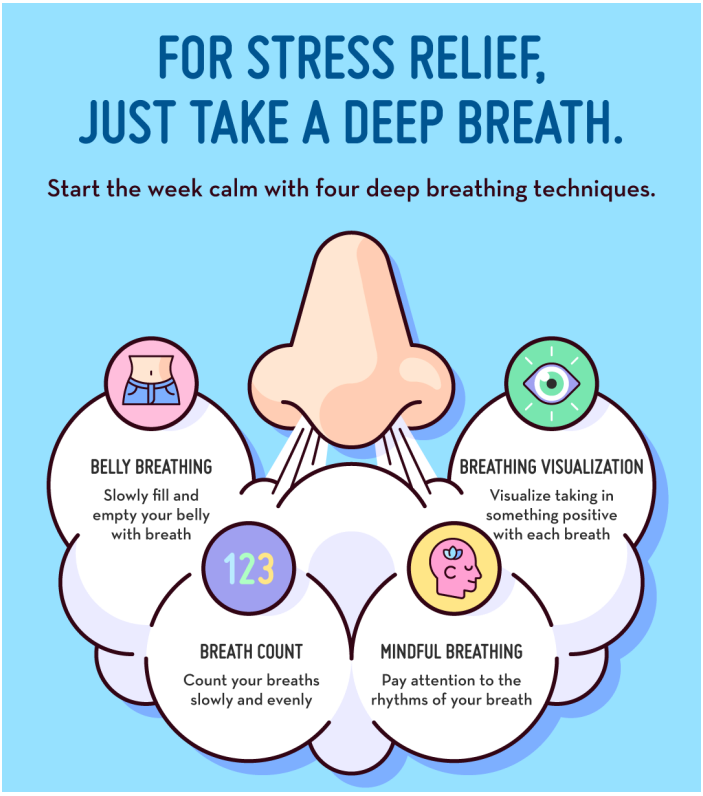
Rosanne Butta
Andrea Marsh
Sue McCourt

HOW TO SEE YOUR COUNSELOR

Need to meet with your school counselor? You can meet with them through the following ways:

- **Email: Sending your school counselor an email is the best way to schedule an appointment!**
- **Come Down to Our Office: Pop on in to the CCCC Office and see if your counselor is available.**
- **Write a Yellow Slip (Located in the Front of our Office): If we're not available, write us a yellow slip and we'll call you down.**





SOME MINDFULNESS FOR YOU!

Feeling stressed? Take some time to utilize some mindfulness-based practices. Some benefits to these strategies include the following:

- **Reduces stress and anxiety**
- **Improves attention and focus**
- **Better emotional & social intelligence**
- **Increases student's cognitive performance**

See the image to the left for examples of deep-breathing strategies you can use!

TRANSITION BACK TO SCHOOL FOR PARENTS

Transition
BACK TO SCHOOL
FOR PARENTS

TIPS FOR A SMOOTH TRANSITION

Returning to school can feel overwhelming for families. Preparing ourselves as parents is essential to supporting our children.

CHECK IN EACH DAY CONSIDER ASKING THEM...

- What are 3 things that went well today?
- What was the hardest thing you did today?
- Who are 3 people that you saw and chatted with today?

START A SCHEDULE

Monday - Friday

- Set a morning alarm.
- Have reglar meal times.
- Stick to a consistent bedtime.

CONSIDER...

Walk them through a breathing exercise when they experience stress

CCCC DEPARTMENT EVENTS & IMPORTANT DATES TO REMEMBER

October 2024

- Thurs. Oct. 3rd - School Closed (Rosh Hashanah)
- Fri. Oct. 4th - School Closed (Rosh Hashanah)
- Sat. Oct. 5th: SAT Testing at MTHS
- Mon. Oct. 7th: Interim Report for MP1
- Thurs. Oct. 8th: MTHS College Fair
- Fri. Oct. 11th - Half Day (Yom Kippur)
- Wed. Oct. 14th: PSAT Testing

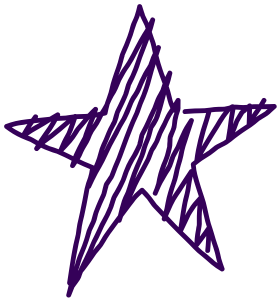
November 2024

- Mon. Nov. 1st - Fri. Nov. 8th: School Closed
- Mon. Nov. 11th - Half Day (Veterans Day)
- Thurs. Nov. 14th: Marking Period 1 Ends
- Wed. Nov. 27th- Half Day
- Thurs. Nov. 28th - Fri. Nov. 29th- School Closed

December 2024

- Mon. Dec. 2nd - Parent/Teacher Conferences
- Tues. Dec 3rd - Half Day
- Wed. Dec 4th - Junior Parent Night
- Thurs. Dec. 5th - Parent/Teacher Conferences
- Fri. Dec. 6th- Half Day

MAKE SURE YOU ADD ALL THESE DATES TO YOUR CALENDAR!



PSAT INFORMATION

This year, all 9th, 10th & 11th Grade Students will take the PSAT on Monday, October 14th at Monroe Township High School.

The PSAT is a great experience to prepare all students for what the SAT is going to be like. Completing the PSAT can also lead to scholorship opportunities through the National Merit Scholarship Corporation.

This year, the PSAT will be completed digitally! Click here to learn more.

Get Ready for the Digital PSAT/NMSQT®

achieve more SAT®

SAT TESTING

At MTHS, we offer the SAT on 4 separate dates:

- **Saturday, October 5th**
- **Saturday, December 7th**
- **Saturday, March 8th**
- **Saturday, May 3rd**

All of these SAT tests will be held digitially. Students should bring either their school iPad or a personal device.

Click here to register for the SATs!

COULD THERAPY HELP?

TIPS FOR MENTAL HEALTH

- **Live a healthy lifestyle by exercising, eating well, and taking care of your body**
- **Surround yourself with a positive support system and stay connected with them**
- **Improve your sleep habits**
- **Try something new or be creative to build a sense of mastery**
- **Take breaks and be in the present moment**
- **Express your feelings through art, writing, or by talking to someone you trust**
- **Reframe negative self-talk to neutral of positive statements**
- **Let go of judgement of self and or others**
- **Seek professional help from a counselor or therapist**

STUDENT SUPPORT RESOURCES

Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746.

- **The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.**

Crisis Text Line

- **Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.**

The Trevor Project

- **Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.**

Dial 2-1-1

- **If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.**

National Domestic Violence Hotline

- **For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.**