Monroe Township High School College & Career Counseling Center Newsletter

Spring 2025 Edition

IN THIS ISSUE

WE HOPE YOU HAVE A GOOD SPRING BREAK

THE COLLEGE & CAREER COUNSELING CENTER DEPARTMENT

DIRECTOR OF SCHOOL COUNSELING AND STUDENT SUPPORT SERVICES

Dr. Jim Cernansky

SCHOOL COUNSELORS

GRADE 9

Mr. Jared Carrier (A-Ma)
Ms. Damaris Dominguez (Mc-Z)

GRADE 10

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

GRADE 11

Mr. Anthony Gambino (A-Ma)
Ms. Brielle Goldstein (Mc-Z)

GRADE 12

Mr. Scott Sample (A-L)
Ms. Lauren Mironov (M-Z)

Ms. Casey Buffolino - School Counselor
Ms. Paige Baniowski - SAC

SECRETARIES

Ms. Rosanne Butta
Ms. Andrea Marsh
Ms. Sue McCourt

ATTENTION JUNIORS:

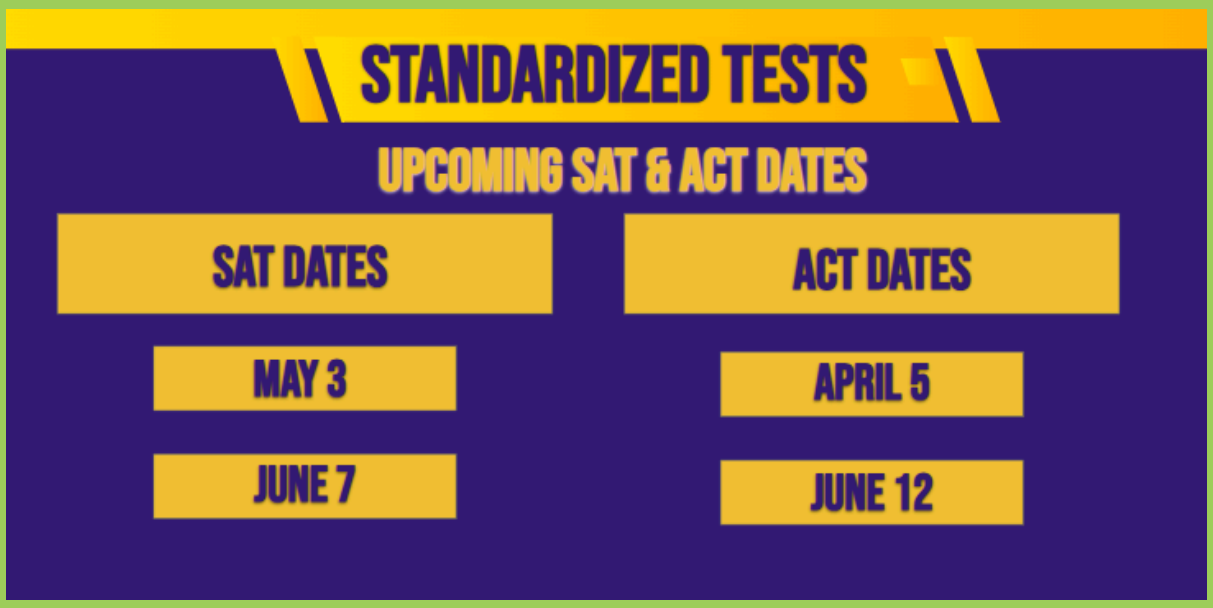
This is your reminder to complete your Self-Reflection Survey! This survey must be completed, as it is REQUIRED in order to receive a College Letter of Recommendation from your Counselor.

You can find the Self-Reflection Survey in Scoir. Log in to your account and complete the survey through there.

Please speak with Mr. Gambino or Ms. Goldstein if you have any questions about this process.

UPCOMING SAT DATES & LOCATIONS

View the image below for information about upcoming SAT Exams.
All SAT Exams are digital for 2025. Click this link to register for an upcoming test:
https://satsuite.collegeboard.org/sat/registration



MONROE TOWNSHIP PUBLIC LIBRARY EVENT

Just Keep Swimming Through the Year: Fishing for Motivation
Wednesday, April 23rd at 3:00 PM

The Mental Health Specialists from Rutgers University Behavioral Health team are back for another great session on balancing school and life! Don't let spring fever or senioritis take over! Learn ways to embrace the end of the school year while maintaining the motivation to finish strong. Snacks will be provided

https://monroetwplibrary.events.mylibrary.digital/event?id=175551

TIPS FOR STUDENTS RETURNING TO SCHOOL AFTER SPRING BREAK:

Gradually Reintroduce Routines:

- **Sleep: Start moving your bedtime back earlier by 15-20 minutes each night, leading up to the first day back.**
- **Morning Routine: Reintroduce your morning routine, including getting ready for school at the same time as usual.**

Set Goals:

- **Academic Goals: Set some goals for the rest of the semester, such as getting better grades or completing a challenging project.**
- **Personal Goals: Consider personal goals you'd like to achieve, like joining a club or making new friends.**

Prioritize Self-Care:

- **Rest: Make sure you get enough sleep and rest to avoid burnout and maintain energy levels.**
- **Healthy Habits: Practice healthy habits like eating a balanced diet and getting regular exercise.**

Connect with Teachers and Peers:

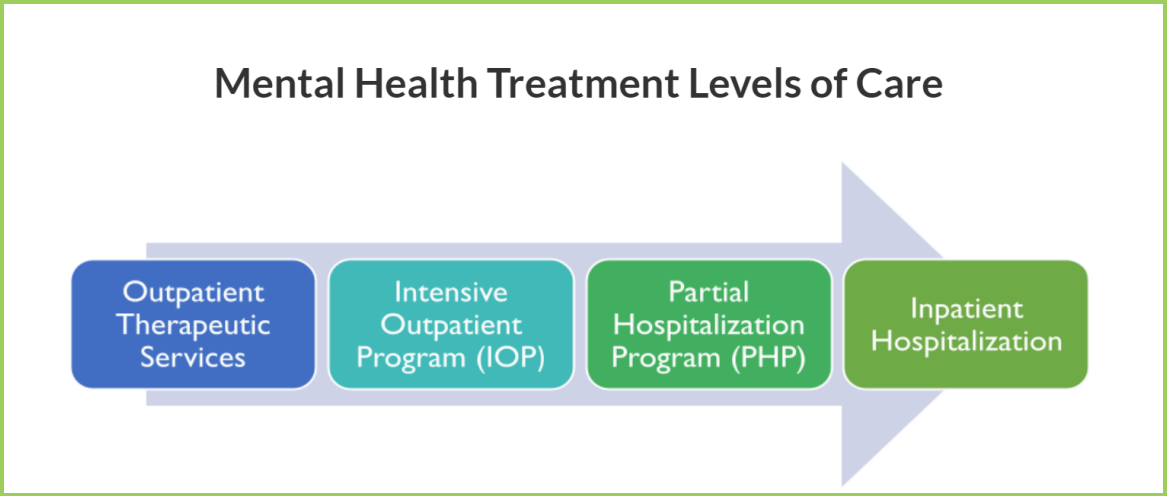
- **Socialize: Make an effort to connect with friends and classmates to ease back into the social aspect of school.**

Focus on the Positive:

- **Look Forward: Try to focus on the positive aspects of going back to school, such as seeing friends, learning new things, and participating in extracurricular activities.**

MAY IS MENTAL HEALTH AWARENESS MONTH

It's never too early or too late to seek services for mental health. To understand the levels of care available, refer to the flow chart below!



Outpatient Therapeutic Services

Individual or Group therapy by a licensed clinician. Psychiatry services through a separate medical provider.

Intensive Outpatient Program (IOP)

Typically held several times per week in the evenings for several hours. May have a family component.

Partial Hospitalization Program (PHP)

Typically held Monday-Friday for the entire school day. School work will be done at the program either through an arrangement with the district or a charter school if the program has one available. Therapeutic services will be offered throughout the day and a family component may be included.

Inpatient Hospitalization

24 hour program for stabilization of acute mental health crisis needs. Typical stay is 7-10 days based on level of need and insurance.

To get your student connected with services, you can:

- **Get a recommendation from the pediatrician**
- **Contact your insurance provider for a list of behavioral health services in-network with your insurance**
- **Google search for local adolescent therapists and contact the provider directly**
- **Contact your child's school counselor for our list of local resources**

We are here to help!

CCCC DEPARTMENT EVENTS & IMPORTANT DATES TO REMEMBER

April 2025

- Wed. April 2nd - Marking Period 3 Ends
- Thurs. April 3rd - Marking Period 4 Begins
- Mon. April 14th - Spring Break Begins
- Mon. April 21st - Spring Break Ends
- Wed. April 30th - NJSLA Testing Day 1

May 2025

- Thurs. May 1st - MTHS Commitment Day & NJSLA Testing Day 2
- Sat. May 3rd - SAT Testing at MTHS
- Mon. May 5th - Fri. May 16th - AP Testing (More Info on Next Page)
- Tues. May 8th - MTHS Parent Night - Current Drug Trends
- Tues. May 20th - Senior Awards Ceremony

June 2025

- Thurs. June 12th - Marking Period 4 Ends

MAKE SURE YOU ADD THESE DATES TO YOUR CALENDAR!

AP TESTING SCHEDULE - SEE BELOW

Exam	Date
African American Studies	Thursday, May 8, 2025
Art History	Thursday, May 15, 2025
Biology	Monday, May 5, 2025
Calculus AB	Monday, May 12, 2025
Calculus BC	Monday, May 12, 2025
Chemistry	Tuesday, May 6, 2025
Computer Science A	Wednesday, May 7, 2025
Computer Science Principles	Thursday, May 15, 2025
English Language and Composition	Wednesday, May 14, 2025
English Literature and Composition	Wednesday, May 7, 2025
Environmental Science	Tuesday, May 13, 2025
European History	Monday, May 5, 2025
French Language and Culture	Tuesday, May 13, 2025
Human Geography	Tuesday, May 6, 2025
Italian Language and Culture	Friday, May 9, 2025
Latin	Monday, May 5, 2025
Macroeconomics	Friday, May 9, 2025
Microeconomics	Monday, May 5, 2025
Music Theory	Monday, May 12, 2025
Physics 1: Algebra-Based	Friday, May 16, 2025
Physics 2: Algebra-Based	Tuesday, May 13, 2025
Physics C: Electricity & Magnetism	Thursday, May 15, 2025
Physics C: Mechanics	Wednesday, May 14, 2025
Psychology	Friday, May 16, 2025
Seminar	Monday, May 12, 2025
Spanish Language and Culture	Thursday, May 15, 2025
Statistics	Thursday, May 8, 2025
Studio Art (Portfolio Deadline)	Wednesday, May 7, 2025
United States Government & Politics	Tuesday, May 6, 2025
United States History	Friday, May 9, 2025

MTHS PARENT NIGHT: CURRENT DRUG TRENDS

See Flyer Below for Additional Details

Monroe Township School District presents:

CURRENT DRUG TRENDS

IN OUR COMMUNITY

THURSDAY, MAY 8TH
6:00 PM
MTHS PERFORMING ARTS CENTER

Presented by Wellspring Center for Prevention
& Guest Denise Anarumo

Back by popular demand, please join us for an informative session that every parent will want to attend. During this presentation, you will learn about nicotine vapes, marijuana, Delta 8, fentanyl, and other substances that adolescents are accessing and the risks associated with use. Helpful parent resources will also be provided.

Can't attend in person?
Join us via Livestream

SENIOR AWARDS

The MTHS College & Career Counseling Center is hosting our Senior Awards Ceremony on Tuesday, May 20th, 2025.

Students who received a Senior Award will be notified in advance so they can join in on this celebratory occasion.

ENJOY YOUR SPRING BREAK!

We want to wish you all a wonderful Spring Break! This time of the year is always stressful, which is why it's important to invest this time off into yourself. We cannot emphasize enough how important it is to focus on your mental health & well-being. There's a lot you can do for yourself during this time, and some suggestions are below:

- **Go Outside: With the weather getting nicer and the days being longer, spending time outside can instantly boost your mental health.**
- **Start Some New Hobbies: If you want to start a new TV series, read more books, or find other outlets to express yourself, this time off can be great for you to find out what hobbies you enjoy.**
- **Complete Online Coursework: If you're feeling behind in some of your classes, Spring Break is a great time to catch up on some of that work. It's always better to be ahead of your academic coursework then to struggle at the end of the school year.**
- **Get Out of the House: It's good to be out and about when you have time off from school. Some ideas could be going for a walk at Thompson Park, visiting the Freehold Mall, or grabbing a bite to eat with loved ones.**
- **Find What Self-Care is For YOU: Whether it be having a movie marathon by yourself or having a board game night with family and friends, you should always make time for yourself! Self-care is different for everyone, so it's important to determine what self care looks like for YOU!**

SAC CORNER!

April is Alcohol Awareness Month:

Click to learn more about key facts, health risks, and prevention of alcohol use
https://wellspringprevention.org/blog/alcohol-awareness-month-prevention/
Teen Alcohol Use And Risk: Alcohol Awareness Month - Infobase

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.**