

COUNSELING NEWS

From the Ewing High School Counseling Department



REMINDER:

We are almost halfway through Semester II!

Mindfulness Corner

Take time to check on yourself. How are you feeling?

Utilize a journal to write down your thoughts, emotions, hopes and dreams.

Listen to music that is soothing.

Engage in movement. Get outside and go for a walk.

Try mindful breathing



Place your finger at the center of the figure 8, take a breath in through your nose while tracing the blue arrows, pause at the center for 3 counts and breathe out through your mouth while tracing the green arrows.

Get Organized!

Follow these easy tips for success

- Keep track of important deadlines by writing them down in a planner or adding alerts on your phone
- Utilize a checklist for tasks that need to be completed.
- Establish a routine that works for you & stick to it
- Break large tasks into smaller ones to make them more manageable

Try using the **S.M.A.R.T** method to set attainable goals for yourself!

S	Specific	Make your goal specific and narrow for more effective planning	
M	Measurable	Make sure your goal and progress are measurable	
A	Achievable	Make sure you can reasonably accomplish your goal within a certain time frame	
R	Relevant	Your goal should align with your values and long-term objectives	
T	Time-based	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	



SAC Corner

November is Gratitude Month!

This month is a great time to step back from the stress of every day & give gratitude for all areas in your life and what you're thankful for. Gratitude reduces stress and makes us more resilient, helps us feel more positive emotions, improves our self-esteem, and improves our relationships.

Let's make it a habit to show gratitude every day, all year.

Starting a Gratitude Journal

Highlight someone else's strengths

Focus on the good

Appreciate the little things

Live in the present

Tell someone how much you appreciate them

Giving a gift just because

Set an intention for the day

Reflecting on what you're thankful for each day



November College & Trade School Info Sessions Ahead

We still have plenty of college visits scheduled for the month of November! Check out all the upcoming college visits below:

- Monday, November 3rd - Rowan University
- Wednesday, November 5th- Universal Technical Institute
- Tuesday, November 11th - Pennco Tech
- Wednesday, November 12th - Ramapo College

TO SIGN UP, VISIT THE COUNSELING OFFICE!

Last Call for SAT Registration

The next SAT Exam will take place on **Saturday, December 6nd**. If you have not registered for this exam yet, you can still sign up via late registration. The last day you can sign up for this exam is on **November 21nd**. Visit sat.org to register for this exam! Come visit the Counseling Office if you have any questions or concerns.

****EHS will not be a testing center****





LOOKING AHEAD - IMPORTANT DATES TO REMEMBER!

11/8/25 - SAT Exam at Ewing HS 7:30 am

11/21/25 - Registration Deadline for the 12/6 SAT exam (midnight)

11/24/25 - Board of Education Public Meeting @ EHS 6:00 pm

12/6/25 - SAT Exam - 7:30 am (EHS is NOT a testing center)



2025
Winter
Coat
Drive



**COMMUNITY
RELATIONS
UNIT**

Please help us keep those in
need warm this winter by
donating “new” coats for the
wintertime.

Donations accepted from now until November
17th.

“New” coats or cash donations can be dropped off at
the Ewing Police Department.

For any questions please contact :
Det. Bethea

609-882-1313 ext 7781 Or dbethea@ewingnj.org

Ages 5-17



GOT A WISH?

We want to help!



One Simple Wish is partnering with

Ewing High School

to bring smiles & support to students!

Each year, One Simple Wish makes wishes come true for kids and young adults facing hardships all over the US.

Wishes include items & experiences list:



**Prom Tickets & Attire Yearbooks Winter Gear
Sports Equipment Sports & Club Fees ...and
lots more**

For more information on how to make a wish, visit your Guidance Counselor or email info@onesimplewish.org.

one simple wish

onesimplewish.org



EHS Scholarship Database 2025-2026

EHS Scholarships for the class of 2026!

Attention all seniors-- our scholarship database is officially live!

This google sheet will be updated regularly with scholarship opportunities that are both national and local. We highly recommend you "star" this sheet in your google drive so you can stay up to date with all offerings as the Counseling Department receives them.

The scholarship database is available to view in the Class of 2026 Google Classroom and on the EHS Counseling Website.

Good luck!

