

MARCH 2026

EHS COUNSELING NEWSLETTER

FOR ALL YOUR EPS COUNSELING RELATED NEEDS!

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- Juniors SAT Registration Reminder
- Junior Night!
- Senior Awards Scholarships
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IMPORTANT DATES TO REMEMBER

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March 5th

Spring College Tour

Kean University & Monmouth University

March 8th

Daylight Savings Time

March 9th

UTI Exton Campus Tour

March 17th-March 19th

**NJ Graduation Proficiency Assessment
Grade 11**

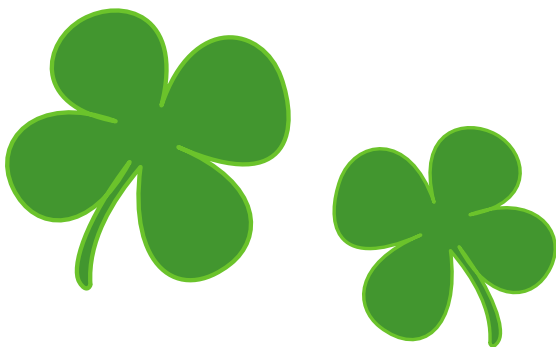
March 20th

Early Dismissal

March 31st - April 3rd

Spring Break

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TEST TAKING TIPS

The NJGPA test will take place March 17-19, 2026 at EHS. All 11th grade students and select 12th grade students will take this test. All other students will have a 2 hour delay on testing days.

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✓ **Get a good night of sleep.**

Aim for 8 hours of sleep. Try to put your screens away one hour before bedtime.

✓ **Set your alarms.**

Make sure you set an alarm so you can wake up and get to school on time. If you are late, you will not be permitted to enter your testing room.

✓ **Listen to music and think positively on the way to school.**

If you have a playlist of your favorite songs, listen to it before the test so your brain can start processing and remembering information. Avoid all negative talk (i.e. "I can't do this). Remind yourself you're ready and that you're going to try your best.

✓ **Eat breakfast and drink water!**

Even if you're not a breakfast person, eating breakfast is essential before a long test.

✓ **Calm yourself with focused breathing.**

If you're feeling on edge, pause and take some time to just focus on taking deep, even breaths. This is known to reduce anxiety and calm your nerves.



Good Luck
YOU GOT
THIS!

APPLY FOR SCHOLARSHIPS

We have an EHS Scholarship Database. Counselors will regularly post national and local scholarships that can be accessed directly via provided links or by visiting the counseling department. Check back to to get connected to scholarship opportunities. Remember, additional scholarship search engines are posted in the Senior Meeting Handbook. Good luck!

SCAN HERE FOR
SCHOLARSHIPS



SUMMER OPPORTUNITIES

Rising high school sophomores, juniors, and seniors who enjoy looking at, talking about, and making art can apply to the Princeton University Art Museum Summer Academy. No prior experience or specific knowledge of art or art history is needed. The program will run from Monday, July 20, to Friday, July 31, 2026, from 9 a.m. to 4 p.m at Princeton Art Museum. Transportation is provided from EHS. This program is **FREE**.



SCAN HERE FOR
APPLICATION



JUNIOR NIGHT

**APRIL
16TH**

Join us for Junior Night to learn about key information for junior year, post-graduation planning, and the college application process. Students and families will gain helpful tips to stay on track and start preparing for life after high school!

1

POST GRADUATION PLANS

Trade & Technical School
Military
College
Employment/ Gap Year

2

SENIOR TIMELINE

Graduation Requirements
Testing
Free Application for Federal Student Aid

3

COLLEGE APPLICATIONS

The Common Application
Naviance: Career & College Exploration
Scholarships



LOCATION: EHS AUDITORIUM



TIME: 6:00PM

JUNIORS – REMINDER TO REGISTER FOR THE SAT

All juniors - if you have not registered for the SATs yet, make sure you do so soon! The remaining test dates are listed in this table below, as well as the deadline for registration and when you should expect to receive your score.

We highly recommend students test during this time to ensure these scores are in for when you apply to college.

Have any questions about the SATs? Feel free to stop by the Counseling Office or email your counselor.

SAT DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
MAY 2, 2026	APRIL 17, 2026	APRIL 21, 2026
JUNE 6, 2026	MAY 22, 2026	MAY 26, 2026
AUGUST 22, 2026	TBD	TBD



Scan the QR code to visit the CollegeBoard website to learn more & register!



TORCH LEADERSHIP ACADEMY

IGNITE YOUR LEADERSHIP POTENTIAL



Our Program

TorchLeadershipAcademy is a four-day, overnight leadership program where students explore their unique leadership skills. TORCH believes in the leadership of youth, by youth.



Applicants

TORCH applications are open to all High Schoolers ages 15 - 17 during program dates
www.torchleadershipacademy.org/apply

Early Action Deadline: April 1st
Final Decision Deadline: May 1st



Location

TORCH is hosted at Stockton University! Students will have on-campus housing and meals provided by Stockton University.



Dates

TORCH2026 will be held from
Saturday, July 18 to Tuesday, July 21,
Student Drop-Off @ 9:00 AM



Cost

TORCH is entirely cost-free for all students to apply and attend.



@torchleadershipacademy



www.torchleadershipacademy.org



info@torchleadershipacademy.org

Our Values



Hands-On
Learning



Servant
Leadership



Empowerment



Diversity &
Inclusion



Empathy



Connection



Growth

How Students Benefit



More Active & Productive Clubs

Past attendees take on leadership roles in their schools and communities.



Skills & Experience for Resumes

Students have the opportunity to apply for Community Service Hours after attending TORCH.



Stronger Team & Class Bonds

TORCH teaches students to work collaboratively with different leadership styles.



Inspiration to Try New Things

Students challenge themselves throughout TORCH and bring that confidence back to their schools.

What Students Have to Say...



At TORCH, my leadership abilities truly bloomed. I went from being reclusive and not confident to being able to speak in front of over 100 people with full confidence. I learned everything I needed to about being a leader, how to cooperate with others, and make bonds effectively.

This program was the most fun I think I've had. The new people I have met and the staff are truly the most fun, witty, and influential people I have ever met.



@torchleadershipacademy



www.torchleadershipacademy.org



info@torchleadershipacademy.org

A PLACE TO BE YOU!



Kaleidoscope is an LGBTQIA+ program offering a welcoming atmosphere where teens and young adults like you can find support, guidance, and a sense of community.

Learn more about Kaleidoscope by
calling NJ PRISM

844.NJPRISM (844.657.7476)

1-800-255-4213 or kaleidoscope@centerffs.org

or scan the code to visit the
Kaleidoscope website



 @KaleidoscopeNJ



KALEIDOSCOPE

serving LGBTQIA+ teens and young adults