

April 2026

EHS COUNSELING NEWSLETTER

Counseling Updates

April

Course Selection Season!

- Over the past few weeks, EHS Counselors have been meeting with all students to review their course requests for next school year.
- Interested in learning more about our course offerings? Click [HERE](#) to access the 2026-2027 Program of Studies.
- Final schedules will be released via Genesis in Summer 2026.
- If you have questions or updates to your course requests, please email your counselor.



JUNIOR NIGHT

**APRIL
16TH**

Join us for Junior Night to learn about key information to gear up for senior year and post-graduation planning. Students and families will gain helpful tips to stay on track and start preparing for life after high school!

Sophomore Parents! You are more than welcome to attend as well.

1

POST GRADUATION PLANS

Trade & Technical School

Military

College

Employment/ Gap Year

2

SENIOR TIMELINE

Graduation Requirements

Testing (PSAT, SAT, NJGPA)

Free Application for Federal Student Aid

3

COLLEGE APPLICATIONS

The Common Application

Naviance: Career & College Exploration

Scholarships



LOCATION: EHS AUDITORIUM



TIME: 6:00PM



EHS Scholarship Applications



- Scholarships are now available for EHS seniors—don't miss out on these opportunities!
- Scan the QR code to access the EHS Scholarship Database.
- Once there, toggle to Senior Awards Night to view all EHS-specific scholarships.
- This section highlights scholarships that will be awarded during Senior Awards Night.
- Be sure to review eligibility details and application deadlines carefully!

APPLY NOW!



SENIOR DEADLINES

Seniors must use their EWINGBOE email to access QR codes

Prom Permission Slip

Due May 1st



Pocono Valley Permission Slip

Due May 1st



Class Speaker Permission Slip

Due May 8th



Decision Day Sign-Up

Due May 15th



Prom Early Dismissal

Due May 22nd



Prom Parking Permit

Due May 22nd



Graduation Transportation

Due May 29th



Senior Sunset Permission Slip

Due June 3rd



Cap Decoration Request

Due June 12th



Questions?

See Mrs. Hammer (Rm. 218)
before/after school, during HR,
or during Block 4

DISCOVER MERCER

SATURDAY, APRIL 18, 2026

10:00 a.m.

MCCC West Windsor Campus
1200 Old Trenton Road, West Windsor NJ

PROGRAMS, PATHWAYS, POSSIBILITIES...

- Meet Mercer faculty and learn about programs from the professors who teach them.
- Experience hands-on demonstrations and program presentations.
- Explore academic programs and areas of study.
- Tour campus and see classrooms, labs, and student spaces.
- Connect with admissions and learn about financial aid, scholarships, and ways to pay for college.
- Connect with current students, and learn about student support services and campus life.



← **RSVP**





Princeton University Art Museum Summer Academy

Summer Academy is a free two-week program for Trenton and Ewing high school students to explore careers in art museums and the visual arts.

Guided by mentors, artists, and Princeton University professionals, students will engage with original art to discuss identity, power, and social justice.

This program gives students the opportunity to learn not only about art history, but also curation, conservation, archiving, lighting & production, and more!

The program concludes with a student exhibition and celebration. It runs July 20-July 31, 2026, from 9 AM-4 PM, with transportation, breakfast, and lunch provided.

[The application can be found here!](#)

April is Stress Awareness Month

Stress is a normal part of life and its causes vary by person to person.

There are two kinds of stress: **Eustress** (positive stress) and **Distress** (negative stress). It's important to maintain a healthy balance between the two. Too much eustress can lead to overexertion and burnout, while too much distress can damage mental and physical health.

EUSTRESS VS. DISTRESS

AKA, GOOD STRESS VS. BAD STRESS

EUSTRESS

MAKES YOU BETTER

IS INFREQUENT

DOESN'T LAST LONG

MOTIVATES YOU TO TAKE POSITIVE
ACTION

DISTRESS

LEAVES YOU WORSE

IS CHRONIC AND ONGOING

LASTS A WHILE

IS DE-MOTIVATING

IF YOU ARE STRESSED, YOU MIGHT FEEL:

- Irritable, angry, impatient or wound up
- Over-burdened or overwhelmed
- Anxious, nervous or afraid
- Like your thoughts are racing and you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried or tense
- Neglected or lonely
- Existing mental health problems getting worse

Here are some tips for managing stress:

Identify what's causing stress

If you feel stressed, write down the cause, your thoughts, and your mood. Once you know what's bothering you, develop a plan for addressing it.

Build strong relationships

Relationships can be a source of stress, but they can also serve as stress buffers. Reach out to family or close friends and let them know you're having a tough time.

Rest your mind

Try to get 8 hours of sleep each night. Cut back on caffeine, limit distractions before bedtime, and go to bed at the same time each night.

Talk with a professional

Consult with a mental health professional who can help you learn how to manage stress. A therapist can help you identify stressors and then develop an action plan for changing them.

**Stop by ASYSST or the Counseling Office
if you need to speak to someone about
stress and learn more ways to cope!**

NATIONAL WALKING DAY IS WEDNESDAY, APRIL 1ST

WHY IS WALKING THE MOST POPULAR FORM OF EXERCISE?

An average of 20 minutes of walking a day, or 150 minutes a week, has shown to have many health and wellness benefits:

Walking can help you think better, feel better and sleep better.

Walking can reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.

Walking can improve your blood pressure, blood sugar and blood cholesterol levels.

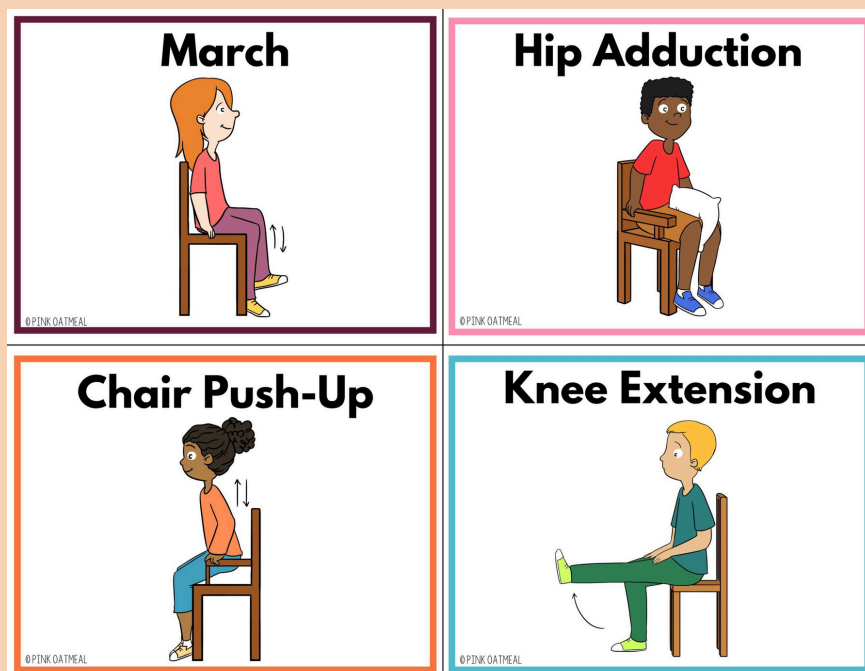
Walking can increase your energy level and stamina.

Walking can improve your mental and emotional well-being and and reduce risk of depression.

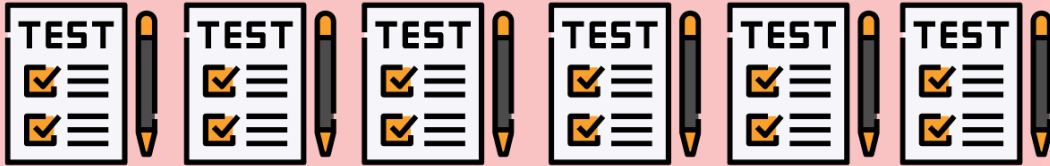
Walking can improve memory and reduce your risk of dementia.

Walking can boost bone strength and reduce your risk of osteoporosis.

***For those who are unable to walk to do injury or limited mobility here are some helpful chair exercises!**



PRACTICAL WAYS TO REDUCE STRESS LEVELS TEST ANXIETY EDITION



1. STAY POSITIVE

THE WEEK LEADING UP TO YOUR QUIZ/TEST, SAY POSITIVE AFFIRMATIONS WHEN YOU STUDY. THIS WILL PUT YOU IN THE HEADSPACE TO SUCCEED.

2. GET SOME SLEEP

CRAMMING IS NOT THE ANSWER. LET YOUR MIND TAKE A BREAK AND GO TO BED EARLY SO YOU WAKE UP FEELING REFRESHED.

3. FUEL UP

MAKE SURE TO EAT SOMETHING PRIOR TO YOUR QUIZ/TEST. THIS WILL ENSURE YOU HAVE ENERGY AND WILL KEEP YOU FOCUSED.

4. TAKE DEEP BREATHS

DEEP BREATHING CAN HELP REDUCE ANXIETY AND HELP YOU TO REFOCUS.

5. READ CAREFULLY

READ YOUR DIRECTIONS THOROUGHLY AND REVIEW YOUR ANSWER CHOICES BEFORE ANSWERING THE QUESTION.

6. REVIEW YOUR ANSWERS

DOUBLE-CHECK YOUR QUIZ/ TEST BEFORE YOUR TURN IN/ SUBMIT, TO MAKE SURE YOU ANSWERED EACH QUESTION.

Remember: Every student tests differently, focus on yourself and not the others in the room.



About 1 in 36 children has been identified with autism spectrum disorder (ASD).

What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD) is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation.

The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a "spectrum condition" that affects people differently and to varying degrees.

While there is currently no known single cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities needed to live fully.

Frequently Asked
Questions about Autism



Autistic Self Advocacy Network:
nonprofit organization run by and for autistic people. Find a resource library, action center initiatives, and way to get involved.

College Programs for
Students with Autism

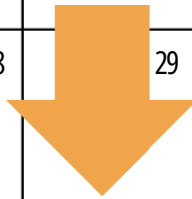


**VOTECH CLOSED FOR
SPRING BREAK
April 3rd-10th**

A p r i l

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Votech on Spring Break	4
5	6 Votech on Spring Break	7 Votech on Spring Break	8 Votech on Spring Break	9 Votech on Spring Break	10 Votech on Spring Break	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

READ MESSAGE BELOW



**All Votech students are still responsible to attend EHS on the
days that Votech is closed for Spring Break!**