



FLHS

FEBRUARY 2016

Counselor's Corner

The School Counseling Department at Fort Lee High School is a driving force in the development of college and career readiness, as well as social-emotional competency of the students. The purpose of the Counselor's Corner Newsletter is to update all parents and students on the activities and events that have taken place since September, as well as to inform the school community as to what exciting events will transpire during the second half of the school year.



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Counseling Department Activities

September to February

The Counseling Department has hosted multiple events during the first half of the school year to assist students with college and career preparation as well as to enhance the students' social and emotional well-being.

- In September, the department coordinated the annual, in-house College Fair in which 107 colleges and universities sent representatives to meet our students and disseminate informational brochures about their institutions.
- In September, School Counselors held a Senior Planning Night for all seniors and their parents in which counselors and administrators were able to share information about what to expect during this important year and discussed how to navigate the college application process.
- In September, the department coordinated our annual Financial Aid Night where a representative from the Montclair State University Financial Aid Office walked all parents and students through the FASFA process.
- On September 2nd, 9th grade students attended Freshman Orientation. During the orientation, students had the opportunity to meet administrators, counselors, and teachers. Students were given an overview of the policies and procedures of the high school as well as had the opportunity to do a walk-through of their class schedule in order to familiarize themselves with the building.
- On September 23rd, the ninth grade parent breakfast was held in the Media Center. Mrs. Serulle-Green explained how courses, grades, and credits all become part of a student's transcript and are used in determining a student's final GPA in senior year. She also reviewed Fort Lee High School's 120 credit graduation requirements. In addition, parents navigated the Fort Lee website, www.flboe.com and were shown how to locate announcements, calendars, and teacher pages. Parents were also given a tutorial on how to log into the Genesis Parent Portal which allows parents to monitor student attendance, grades, and assignments. Community service and extracurricular activities were also highly recommended, beginning in freshmen year.
- In October, the School Counseling Department and administration welcomed parents and students from all grade levels to the Fort Lee High School Open House, which was designed to showcase our academy programs, athletic teams, clubs, and new facilities. This event was especially important for college planning as students were given the opportunity to see all the extracurricular activities available to help build their college resumes.
- Also in October, Fort Lee High School in conjunction with the Fort Lee Municipal Alliance Committee kicked off the town-wide Stigma Free initiative. The goal of the Fort Lee Stigma Free initiative is to generate an open and non-judgmental discussion regarding mental illness as well as to create a culture within our community in which individuals feel supported by those around them and are empowered to seek treatment. Throughout October, students at the high school were treated to a variety of Stigma Free related assemblies and activities as part of Week of Respect and School Violence Prevention Week.

- During the months of October and December, freshmen health classes participated in classroom lessons presented by the Center for Alcohol and Drug Resources. These lessons were sponsored by the Fort Lee Municipal Alliance in connection with the Stigma Free initiative. The objective of the lessons was to educate students regarding the dangers of substance abuse as well as to raise awareness of different coping skills that can be used to productively combat anxiety and depression.
- On October 5th, sophomores witnessed a very engaging presentation by Dr. Michael Fowlin. Dr. Fowlin is a trained actor as well as a clinical psychologist. His presentation focused on building self-esteem, ending the stigma associated with mental illness, as well as welcoming diversity.
- On October 8th, freshmen and sophomores watched a presentation entitled HAPPY Week(Heroin Addiction Prevents People's Years). This presentation aimed at raising awareness regarding the dangers of opiate and heroin addiction.
- On October 17th, Theater and POST students watched an assembly presented by the Bergen County Reflections program. The assembly focused on self-esteem and mental health related topics.
- On October 19th, juniors and seniors viewed a presentation by Alumni in Recovery(AIR). The goal of this presentation was to raise awareness regarding the dangers of substance abuse and addiction.
- On October 20th, the tenth grade Parents/Counselor Breakfast was held. The theme of the meeting was the importance of extracurricular activities in the lives of the students. Counselors emphasized that extracurricular activities help distinguish each individual student's accomplishments throughout his or her four years of high school. Counselors had a panel of students who were involved in various activities in school. Each student spoke about the activity they were involved in and how it had not only impacted their social lives, but their academic lives as well. Parents reported that they enjoyed the presentation and felt that the information given was quite valuable. The experiences that each student spoke about was important for the parents to hear and to understand the impact that school involvement makes. Parents left with several handouts, most importantly a list of all the clubs that are offered and how to access all the information through the Google Classroom portal.
- On October 26th, Fort Lee High School hosted the "15 Minute Child Break" presentation led by the Partnership for a Drug-Free New Jersey. This informative presentation discussed the ways in which parents can prevent child and adolescent substance abuse while strengthening family connections.
- On November 3rd, the eleventh grade Parents/Counselor Breakfast was held. A Junior Year To-Do List was presented along with expectations for post-graduation success. The differences between the SAT and ACT, the two standardized college entrance exams required by most U.S. colleges and universities were also discussed. Most of the event focused on getting all parents onto Naviance, our college and career readiness program used by the counseling team to match students to their postsecondary goals. Important features of Naviance were highlighted: college search, creating initial college lists, overlap schools, scattergrams, Super Match, resume builder and the precollege survey. With such a large turnout, counselors were able to ensure that most parents had created and signed onto their Naviance accounts, allowing them to have a greater impact on their child's future goals.
- Fort Lee High School hosted the SATs on October 1, 2016, November 5, 2016 and December 3, 2016.
- Fort Lee High School hosted the ACTs on September 10, 2016, October 22, 2016, and December 10, 2016.

STUDENT ACTIVITIES BY GRADE LEVEL

Seniors

Since the beginning of the academic year, counselors have been working very closely with seniors in order to prepare college applications and letters of recommendation, which is a very lengthy, but important process. All senior parents were invited to meet with their child and guidance counselor to discuss college options during September and October. Parents were also given log in access to Naviance and shown a financial aid presentation by a Montclair State University financial advisor. Additionally, counselors have been assisting students with completing their FAFSA application upon request. By the end of February, all seniors will have applied to higher education institutions. It is also important to note that as we receive student scholarship opportunities, they are posted on Naviance for students to review and apply.

Sophomores

All 10th grade students will have had a minimum of two meetings with their new counselor by the end of January. Depending on the counselor, these informational sessions are focused on goal setting, choosing the right extracurricular activity, completing different tasks in Naviance such as the Personality Assessment and/or Career Pathway Activity, and planning schedules and/or discussing the criteria for college. It is important to note, that at-risk sophomores will have met with their counselor a minimum of two to three times each marking period.

Juniors

Mrs. Acosta, Ms. Caddell, Mrs. Brown and Mrs. Lawlor have trained all 11th grade students how to begin their college search on Naviance and CollegeBoard, the difference between SAT vs ACT, and the college letter of recommendation process via classroom lessons during the academic school day in October, November and December. To date, all juniors have log-ins and passwords to our Naviance program and should be actively using it. We encourage you to sit down with your child and explore Naviance with them as it is an excellent college planning resource.

Freshmen

All 9th grade students met with Mrs. Serulle-Green and were informed about graduation requirements, reviewed their current schedules, and explored options offered at the high school for extracurricular activities and community service. These meetings gave students the opportunity to ask questions about high school and also served to ease the transition from the middle school. In the months of November and December, Mrs. Serulle-Green trained freshmen on how to complete their Career Interest Profiler, a feature offered in the Naviance website which helps students learn more about their personality and strengths. It also helps students explore the occupations that match their interests. The results of this inventory are used in subsequent years by Mrs. Acosta, Ms. Caddell, Mrs. Lawlor and Mrs. Brown to assist students in creating post-high school plans, a process which the counselors are currently working on with the sophomore, junior, and senior classes.

UPCOMING EVENTS

The Counseling Department will host multiple events during the second half of the school year to assist students with college and career preparation as well as enhance the students' social and emotional well-being. Please try your best to attend!

- **College Planning Night:** On April 20th at 6pm, six to seven colleges will be at the high school to answer panel questions on what they look for in a student application. This event should be attended by all students and parents in grades 9-11. If students attend College Planning Night every year, they will have heard from over 20 college representatives by senior year.
- **Classroom Lessons:** During the second half of the year, The Center for Drug and Alcohol Resources will return to the 9th grade health classes to continue their lessons.
- **Classroom Lessons:** All students in grades 9-11 will be signed up for Raise.Me. This motivational program assists students in building scholarships from 200+ colleges as early as grade 9. Each college has different standards but most will award scholarships for the following, Get an A in a course (\$100 - \$1,000), B in a course (\$50 - \$600), participation in a school club or sport (\$25 - \$250), etc. Check our Raise.Me on the web!
- **Student Assembly:** On January 20th, the Bergen County Prosecutor's Office will present information regarding the dangers of opiate addiction to the freshman class.
- **SAT:** Fort Lee High School will be hosting the SATs on March 11, 2017, May 6, 2017, and June 3, 2017.
- **ACT:** Fort Lee High School will be offering the ACTs on February 11, 2017, April 8, 2017 and June 10, 2017.

UPCOMING EVENTS BY GRADE LEVEL

Seniors

For the rest of the year, seniors will be engaging in additional one-to-one counselor meetings to discuss college selection, wait-listed applications, financial aid packages, and any other concerns that arise.

Juniors

In the months of January and February, all juniors will have one-to-one scheduling meetings with their counselors to plan their schedules for the 2017-2018 school year. Student course requests can be viewed by parents via the Genesis Parent Portal after this one-to-one meeting. By January, all students will be given their PSAT scores, taught how to interpret these scores, and taught how to link them to Khan Academy for free SAT tutoring. In the months of March and April, all students and parents will have one-to-one college planning meetings to discuss the college search process and complete the pre-college survey which assists counselors in writing college letters of recommendations. They will also participate in Raise.Me (a motivational scholarship program) classroom lessons.

Sophomores

In the months of January and February, all sophomores will have one-to-one scheduling meetings with their counselors to plan their schedules for the 2017-2018 school year. Student course requests can be viewed by parents via the Genesis Parent Portal after this one to one meeting. By January, all students will be given their PSAT scores, taught how to interpret these scores, and taught how to link them to Khan Academy for free SAT tutoring. Sophomores will also participate in guidance facilitated classroom lessons on the newly designed SAT, ACT, & SAT Subject tests, as well as group activities that assist students with interpreting their Naviance Career Interest Surveys from last year. This will begin their college search process. They will also participate in Raise.Me (a motivational scholarship program) classroom lessons.

Freshmen

In the months of January and February, all freshmen students will individually begin to meet with Mrs. Serulle-Green to plan their course schedule for the 2017-2018 school year. In addition to scheduling, Mrs. Green will begin classroom lessons for all 9th grade students to assist them in creating a portfolio for Raise.Me. Raise.me is a platform that helps students prepare for college by earning scholarship money for their achievements in high school. Students can start to earn money as early as freshman year by simply following colleges they are interested in attending and adding their achievements, such as high grades and sports to name a few.

SCHOOL COUNSELOR HIGHLIGHTS

Mrs. Acosta's Highlights **10th-12th Grade Counselor**

- One of Mrs. Acosta's students became a National Merit Semi-Finalist.
- Mrs. Acosta had a student accepted to each of the following schools: Princeton University, MIT, and University of Michigan Engineering.
- One of Mrs. Acosta's students was the recipient of the Wendy's High School Heisman Scholarship.
- Mrs. Acosta had three Questbridge Finalists.
- Two of Mrs. Acosta's students won spots in the Roth Jersey Music Association's Region I Choir.
- Two of Mrs. Acosta's students made 1st Team All League and Honorable Mention in Football.

Mrs. Brown's Highlights **10th-12th Grade Counselor**

- One of Mrs. Brown's students earned the National Merit Semi Finalist Distinction after earning an impressive PSAT score as a junior.
- One of Mrs. Brown's students was accepted under Early Action into Princeton University.
- One of Mrs. Brown's students was accepted under Early Action into Massachusetts Institute of Technology.
- One of Mrs. Brown's students was accepted under Early Decision into Cornell University.
- Twelve of Mrs. Brown student athletes earned 1st, 2nd, and Honorable Mention All League honors for their participation across our fall sports teams.
- One of Mrs. Brown's seniors has earned over 500 hours of community service due to summer service mission trips to a Native American Reservation in WA.

Ms. Caddell's Highlights **10th-12th Grade Counselor**

- One of Ms. Caddell's students will be attending Fairleigh Dickenson University and has been awarded the Dickinson Scholarship of \$33,000 annually. This scholarship is based on SAT scores, GPA and his involvement in extra-curricular activities.
- One of Ms. Caddell's students was accepted into the College of New Jersey Nursing Program.
- One of Ms. Caddell's seniors has been accepted to the Rutgers School of Science and Biological Sciences Program.
- One of Ms. Caddell's seniors has been accepted to the Pace Honors program and has been given a merit scholarship.
- One of Ms. Caddell's students won spots in Region I Choir.

Mrs. Lawlor **10th-12th Grade Counselor**

- Two of Mrs. Lawlor's students auditioned and won spots in the selective Roth Jersey Music Association's Region I Choir.
- Many of Mrs. Lawlor's students have already been accepted into highly competitive colleges. University of Michigan, Fordham, Northeastern, Villanova, Tulane Honors College, Purdue, School of Visual Arts, and AMDA just to name a few!
- Two of Mrs. Lawlor's juniors were nominated for the prestigious Governor's School of New Jersey residential summer programs. One student was nominated for the Governor's School in the Sciences hosted by Drew University where scholars are exposed to courses, laboratories, team projects, and special lectures. Another student was nominated for the Governor's School of Engineering & Technology hosted by Rutgers University where students collaborate on cutting-edge topics and gain hands-on experience in research with enthusiastic professors.
- Four of Mrs. Lawlor's students earned first team all-league recognition and honorable mention all-county for their respective fall sports and three of her students earned Second Team All League recognition!

Ms. Serulle-Green's Highlights **9th Grade Counselor**

- All freshmen students were invited to be part of Mrs. Green's Google Classroom page for reminders, updates, and efficient communication.
- All freshmen students created a profile on Naviance with Mrs. Serulle-Green and became familiarized with the main page and links for college searches. The focus of the lesson was the Career Interest Profile in which students took a personality assessment helping them to gain more insight into themselves as developing individuals. The results provided each freshman student with suggested occupations based on the personality type revealed.
- Mrs. Serulle-Green has been working collaboratively with the I&RS Team as the chairperson to help build effective interventions plans and strategies for academically, socially, or emotionally at-risk students in grades 9-12.

CLASS OF 2016 COLLEGE ACCEPTANCES

Albright College	DePaul University	LaSalle University
American University	Dominican University	Lincoln Technical Institute
Arizona State University	Drew University	
Augusta University	Drexel University	Manhattan College
	Duke University	Manhattanville College
Babson College	Duquesne University	Marietta College
Bard College		Marist College
Bergen Community College	Eastman School of Music	Marymount Manhattan College
Berkeley College	Emerson College	Massachusetts College of Pharmacy & Health Sciences
Bloomsburg University		Mercy College
Boston College	Fairleigh Dickinson University	Miami University
Boston University	Felician College	Michigan State University
Bridgewater State University	Florida Atlantic University	Milkin University
	Florida Institute of Technology	Monmouth University
Caldwell University	Florida International University	Montclair State University
Capital University	Fordham University	Muhlenberg College
Carnegie Mellon University	Framingham State University	
Case Western Reserve University	Franciscan University of Steubenville	New England Conservatory of Music
Centenary College		New Jersey City University
Champlain College	Georgia State University	New Jersey Institute of Technology
Christopher Newport University	George Washington University	New York Institute of Technology
City University of New York Hunter College	Georgia Institute of Technology	
Baruch College	Gordon College	New York University
Borough Manhattan Community College		Northeastern University
Brooklyn College	Hofstra University	
City College		Otis College of Art and Design
John Jay College of Criminal Justice	Indiana University - Bloomington	
Lehman College	Illinois Wesleyan University	Pace University
Queens College	Iona College	Parsons, The New School of Design
Clark University	Ithaca College	Pennsylvania State University
Clemson University		Altoona
Coastal Carolina University	Johns Hopkins University	Beaver
College of Mount Saint Vincent	Johnson & Wales University	Erie
College of William and Mary		Harrisburg
Columbia University	Kean University	University Park
Cornell University	King's College	
Dennison University		

Philadelphia University
Pratt Institute
Princeton University
Purdue University

Quinnipiac University

Ramapo College of New
Jersey
Rensselaer Polytechnic
Institute
Rice University
Rider University
Robert Morris University
Roberts Wesleyan University
Rochester Institute of
Technology
Rosemont College
Rowan University
Russell Sage College
Rutgers-The State University
of New Jersey
 Camden
 Newark
 New Brunswick
 College of Nursing
 Ernest Mario School
of Pharmacy
 Mason Gross School
of the Arts
 Newark College
 School of Arts and
Sciences
 School of Business
 School of Engineering

Sacred Heart University
Saint Peter's University
School of the Art Institute of
Chicago
School of Visual Arts
Seton Hall University

Skidmore College
Southern Connecticut State
University
St. John's University
St. Thomas Aquinas College
State University of New York
 Albany
 Binghamton
 Fashion Institute of
Technology
 Purchase College
 Stony Brook
University
 University of Buffalo
Steven's Institute of
Technology
Syracuse University

Temple University
Texas State University

The Art Institute of New
York City
The College of New Jersey
The College of Saint Rose
The Culinary Institute of
America
The New School
The Ohio State University
Towson University
Tulane University

University of Alabama
University of Arizona
University of Bridgeport
University of California,
 Irvine
 Los Angeles
 San Diego
 Santa Barbara
University of Central Florida
University of Colorado at
Boulder

University of Connecticut
University of Delaware
University of Detroit Mercy
University of Dubuque

University of Hartford
University of Illinois,
Urbana-Champaign
University of Louisville
University of Maine
University of Maryland,
College Park
University of Massachusetts,
Amherst
University of Mount Union
University of New Haven
University of Pennsylvania
University of Pittsburgh
University of Rhode Island
University of Rochester
University of Scranton
University of The Sciences in
Philadelphia
University of Tampa
University of Texas at Austin
University of Toledo
University of Virginia
University of Wisconsin at
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Virginia Wesleyan University
Villanova University

Washington State University
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