

GUIDANCE & COUNSELING

FALL '09

Volume 6, Issue 1

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COMING UP:

- ◆ October 8
Back to School Night
- ◆ October 10
SAT Test
- ◆ October 14
In-school **PSAT** day
- ◆ October 20
Naviance Program
6:30pm
- ◆ October 21
Mini College Fair
Juniors & Seniors
8:30—10:00 am
- ◆ October 24
ACT Test
- ◆ October 30
Registration Deadline
12/5/09 SAT
- ◆ November 6
Registration Deadline
12/12/09 ACT
- ◆ November 9
Mini College Fair
Juniors & Seniors
- ◆ November 12
ASVAB Testing
- ◆ December 3
Financial Aid Workshop
7:00pm Media Center

FROM THE DIRECTOR'S DESK

Welcome Back! As we begin a new school year, I'd like to remind every student and every parent that your school counselor is your best source of information regarding :

- Orientation to High School
- Career exploration and preparation
- Course selection
- Post-secondary planning
- Counseling; individual and/or small group
- Financial Aid and Scholarship information



We are all involved in using technology to enhance guidance services, but there is no substitute for a personal relationship with your counselor. Get to know your school counselor, he or she can help you plan for and achieve success!

The 2009-2010 school year will be an exciting one. We will fully implement the NAVIANCE program with all juniors and seniors (See the article in this issue of the Guidance Newsletter to learn more about NAVIANCE). We are also in the process of moving to a new rotating drop schedule that will increase class time and offer a more enriching and effective daily schedule. Students, teachers administrators and parents have all been in-

involved in the development of this new master schedule in which the Guidance Department will continue to evolve. One of the first exciting changes in guidance is the institution of a college visit program. We anticipate over 75 colleges and universities visiting our school to meet with our students! This is an incredible opportunity for all of our students and one that we will encourage them to participate in.

Please plan to attend the evening NAVIANCE programs that will be offered throughout the year, get to know your child's school counselor, and take advantage of opportunities to become involved at JTHS. Welcome back and I hope everyone has an enjoyable and productive school year.

Greg Dimiceli
Director of Pupil Personnel Services

GUIDANCE & COUNSELING DEPT.

973-697-3535

MR. CHARLES DIMICELI, DIRECTOR

MRS. CARROLL	EXT. 5872
MS. DAVEY	EXT. 5832
MR. HANNAWAY	EXT. 5830
MRS. MONTEGARI	EXT. 5859
MS. NEWMAN	EXT. 5854
MS. MARTINO, SAC	EXT. 5837

SCHOOL COUNSELORS AND YOU

Your school counselors are vital members of the educational team at JTHS and can be a wonderful resource to students, parents and teachers alike.

According to the American School Counselor Association, it is the role of the School Counselor to help *all* students

in the areas of academic achievement, personal/social development and career development, ensuring today's student become the productive, well-adjusted adults of tomorrow.

At JTHS, we believe that all students are entitled to support, guidance and opportuni-

ties as they plan not only for high school, but for the years that follow. We look forward to working with our students and families as they navigate this very challenging and exciting time.

Students and parents are invited to contact their school counselors with any questions or concerns.

PSAT OFFERED TO SOPHOMORES AND JUNIORS IN-SCHOOL ON OCTOBER 14, 2009 ENCOURAGING ALL STUDENTS TO THINK ABOUT THEIR FUTURES

On October 14, 2009, the PSAT will be administered during the school day (*free for juniors*). This initiative is more than just an opportunity for all juniors to sit for the PSAT. It is a **school-wide initiative** designed to encourage every student in all grades to focus on their futures.

FRESHMAN:

Freshman will spend the morning focusing on their lives as high school students with “mini-workshops” on

study skills and Career Cruising; as well as participating in activities presented by students in the Personal Development Program (PDP).

SOPHOMORES:

There are a limited number of seats available for Sophomores who wish to take the PSATs. The cost is \$15. Interested students may sign up in the Guidance & Counseling Department. Please provide payment (check made out to JTHS Guidance Testing) when

signing up.

All other sophomores will participate in adventure-based group activities.

JUNIORS:

Juniors will be taking the PSAT—a student’s first official step on the road to college planning. Generally, students who take the PSAT score better on the SAT. Also, PSAT scores count for National Merit Award Scholar consideration in junior year.

SENIORS:

Seniors have two options on 10/14. They may use the day to visit local colleges, universities or trade schools (absence will only be excused with proper documentation); or they may arrive at JTHS at 9am to participate in NAVIANCE registration followed by an opportunity to work on their related arts projects in art, technology, and/or culinary arts.

ASVAB Test. . . What is it? Who Should Take it?

ARMED SERVICES VOCATIONAL APPTITUDE BATTERY

On November 12, 2009 interested students will be taking the **ASVAB**, otherwise known as the Armed Services Vocational Aptitude Battery.

What is the ASVAB?

According to the Department of Defense, the ASVAB is a test/interest inventory designed to help students evaluate their skills, estimate performance in academic and vocational endeavors, and identify potentially satisfying careers. It is a to-

tally free multi-aptitude test that covers eight areas including General Science, Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension and Mathematics Knowledge. ASVAB results can help students gain a better understanding of their own verbal, math, science and technical skills.

Who Should Take the ASVAB?

While originally designed for individuals interested in the military, today, the ASVAB

is taken by students with a wide variety of post-high school interests. As a matter of fact, ASVAB reports that in ‘07-’08 only 9% of test participants indicated that their career intentions included the military. 50% reported that they were interested in four-year colleges and most indicated that they took the test to assist them in making “appropriate post-high school career and education plans.”

Bottom-line, if a student feels “lost” regarding the future and/or is looking for a tool that could help narrow the field of post-high school options, the ASVAB might be just the place to start. Once the student gets the results, he or she will feel better prepared to begin making the plans that will lead to a successful future!

CAREER CRUISING WITH CAREERCRUISING.COM

Career Cruising is a fun, easy-to-use and powerful tool that can be used in the Guidance & Counseling Department’s Career Center, or at any computer with internet access. Simply go to www.careercruising.com, (username JEFFERSON; password FALCON) and you’ll be set to begin exploring a world of career possibilities!

Career Cruising offers students opportunities to discover their skills and interests and then match those skills and interests to a variety of careers. Students have access to hundreds of occupation profiles—including job descriptions, working conditions, education and training, earnings and job outlooks. Career Cruiser even provides direct links between careers and education programs . . . Encouraging students to take the next step!

With exceptional assessment tools, detailed descriptions of careers and access to a national database on colleges, universities and other training opportunities, students will be motivated to begin career exploration and planning.

For more information on the ASVAB:

www.asvabprogram.com

To register, see Mr. Hannaway

FRESHMEN

Start your high school career on the right foot! Start thinking about the following . . . And talk to your school counselor frequently!

- Your schedule should include classes that challenge and interest you. Create a plan for core courses as well as electives that are in line with your ultimate career goals.
- Consider your likes and dislikes. How do you learn best? What are your hobbies and interests? Use this information as you plan your future.
- Join school activities, including student government, clubs, athletics and service organizations.
- Your Agenda Book is an excellent tool. Use the planner daily to organize your homework and activities.
- Share your Agenda Book with your parents. It outlines your responsibilities as a student at JTHS. It also contains information about graduation requirements, discipline code, attendance policy, athletic eligibility, honor role requirements and much more.
- Visit the Career Center in the Guidance & Counseling Department to get to know your skills and interests better, investigate careers and explore colleges.

SOPHOMORES

Year two! Continue to get to know yourself better . . . Consider the following, and talk to your school counselor frequently!

- Challenge yourself academically. Review your grades and goals with your counselor and plan to make adjustments as needed.
- Join school activities and consider volunteer opportunities in your community. Take leadership positions when possible.
- Go over your Agenda Book (and share it with your parents) to remind yourself of your responsibilities as a student.
- Continue to use your Agenda Book as a tool to organize homework and activities.
- Consider taking the PSAT on October 15 as practice for your junior year.
- Begin to research colleges and careers that you may be interested in by using Career Cruising and websites available through the JTHS Guidance & Counseling web page.

JUNIORS

A very important year in your high school career . . . Be sure to talk to your school counselor frequently!

- Your schedule should be challenging and include rigorous and interesting electives as well as the required courses.
- Check your GPA and review your transcript with your counselor. Discuss the criteria for admission to the colleges that you are interested in as well.
- Take the PSAT on October 15. Use the prep materials you receive to prepare. Your scores this year will count toward National Merit Scholar consideration.
- Join school activities and consider volunteer opportunities in your community. Continue to take leadership opportunities whenever possible.
- Visit local college and career fairs. Continue to research colleges, technical schools and careers that interest you in the Career Center and at websites available through the JTHS Guidance & Counseling web page.
- Review your Program of Studies book (or stop by Guidance) for a month by month *College Preparation Time Line*.
- Continue to evaluate your progress and make changes to necessary to improve your academic and activity record.

SENIORS

Stay focused, you're in the home stretch! Consider the following . . . And talk to your school counselor frequently!

- Continue to challenge yourself with rigorous and interesting classes.
- Get involved in school activities and volunteerism. Take leadership opportunities when available.
- Check your transcript for accuracy, reevaluate your high school progress, and make changes necessary to improve your academic and activity record.
- Compare your transcript and 12th grade courses against the requirements for the colleges to which you will apply.
- Register for the October/November SAT I, SAT II or ACT tests.
- Submit requests for letters of recommendation with teachers and counselors, and begin thinking about your essay.
- Be aware of application deadlines for colleges that you are interested in.
- Visit local college and career fairs. Continue to research colleges, technical schools and careers that interest you in the Career Center and at websites available through the JTHS Guidance & Counseling web page.
- Review your Program of Studies book (or stop by Guidance) for a month by month *College Preparation Time Line*.

NAVIANCE

FAMILY CONNECTION

Naviance is a secure, web-based, easy-to-use resource that will assist families in making post-secondary plans. Instituted last year with the class of '09, this year's seniors and juniors will be taking the program a step further by using some of the excellent, interactive resources including:

ABOUT ME

- *My Inbox*: Check this regularly for communication from the Guidance Department.
- *My Profile/My Test Scores*: Personal information, accomplishments, test scores and more can be input and edited here.
- *My Resume*: An organizational tool to help you create your resume.
- *My Scholarships*: Access and apply online for posted scholarships.
- *My Journal*: Keep track of your research, college visits and future plans.
- *My Colleges*: Compile a list of colleges you are considering and view statistical data for each.

ABOUT COLLEGES

- *College Search*: **Search** colleges based on your interests and needs. **Add** colleges of interest to your *My Colleges* account, and **save** your searches for future investigation.
- *College Compare*: Compare the statistics of JTHS student

<http://connection.naviance.com/jths>

acceptances for multiple colleges of interest to your own academic profile including cumulative, weighted GPA and SAT/ACT scores.

- *Acceptance History*: Access to information regarding the *Acceptance History* of students from JTHS (beginning with the class of 2009)
- *Visit Schedule*: Listing of dates and times that college representatives are visiting JTHS.
- *Scholarship List*: Updated listings of available scholarships.

Naviance will also allow for easy communication between families and the JTHS Guidance Department via email. Additionally, students and parents will be able to track the progress of college applications as they work their way through our system—for instance, one click will show you the date that your transcript was sent from JTHS to the college!

We look forward to working with students and parents as we introduce Naviance. We hope you'll join us for the following upcoming NAVIANCE workshops:

Tuesday, October 20—Naviance review with a focus on the college application process (6:30pm)

Wednesday, December 2—College applications and Scholarships (6:30pm)

Juniors and Seniors

**Contact the Guidance Department
For Your NAVIANCE Registration Code**