

SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

School Counselors

Jessica Berger ~ Keely Coco ~ Elissa Germaine ~

Matt Grasso/ Conor Dorney ~ Frank Sansanelli ~ Courtney Waller

Psychologists

Dr. Allison Boyle ~ Dr. Samantha Raimondi

Social Workers

Allison Braverman ~ Eric Maresca

IMPORTANT DATES

- 3/29-4/5 SPRING BREAK!!!
- 4/2 Registration deadline for May 8th SAT
- 4/12 End of 3rd Marking Period
- 4/13 Start of 4th Marking Period
- 4/17 ACT @ 8:00am
- 5/13 Eid- al- Fitr
Superintendents Conference Day-
No School for Students
- 5/31 Schools Closed- Memorial Day

MAKING THE MOST OF YOUR SUMMER BREAK

Now is the time to consider how you may optimize your summer vacation! A visit to our office can help you to identify academic programs, employment opportunities, or even community service involvements that can help you make the most of the summer months.

These are the types of summer involvements that will impress college admission counselors and potential employers in the future. Additionally, many colleges offer summer programs for high school students. These include college credit programs, as well as, enrichment courses. This is a great resource for exploring summer opportunities at colleges across the country. A list and description of all summer programs can be found [here](#).

HAPPY SPRING

It's finally Spring! As the weather changes and the windows are opened, things quickly switch gears and we are in the home stretch of the school year.

With the promise of spring, and summer around the corner, be sure to stay focused on your studies and participate in the many fun events that are happening in our school.

Schedule Verification

Your final listing of courses for the 2021-2022 school year are available on your portal. Please review the listed courses carefully to be sure that they are accurate. If you find any errors, please bring them to the attention of your school counselor **immediately!**

Extra Help

With only one quarter left of the school year please remember to utilize extra help.



SENIORS



THIS YEAR HAS FLOWN BY! CAN YOU BELIEVE THERE IS ONLY ONE QUARTER LEFT OF YOUR HIGH SCHOOL CAREER!!! WITH ALL THE EXCITEMENT AND EVENTS PLANNED IN THE NEXT COUPLE OF MONTHS, TRY TO STAY FOCUSED AND MOTIVATED. REMEMBER THE REMAINDER OF SENIOR YEAR IS IMPORTANT AND MANY COLLEGE ACCEPTANCES ARE CONDITIONAL UPON THE SATISFACTORY COMPLETION OF SENIOR COURSES LISTED ON YOUR TRANSCRIPT. WE ENCOURAGE YOU TO KEEP UP WITH YOUR STUDIES. PLEASE BE SURE TO KEEP IN CONTACT WITH YOUR COUNSELOR IF YOU SHOULD HAVE ANY QUESTIONS OR CONCERNS!

DIRECTIONS FOR ENTERING COLLEGE INFORMATION IN NAVIANCE

Many Seniors have been receiving decision letters from one or more of the colleges/universities to which they applied. We ask that ALL seniors take a few minutes to log in to Naviance and complete the decisions you have received and record your final decision of the college you will be attending. Please follow these simple steps to update your account.

1. Log on to Naviance at www.naviance.com
2. Click on "colleges" tab.
3. Click on "colleges I'm applying to": Go to right side of screen, under "Results" click on the pencil (edit) icon on the first college in your list. This will bring you to "Edit Applications" – with the list of your colleges. Under each college name use the drop down menu to indicate the "Result" for each college (next to the drop down menu "x" if waitlisted or deferred). Also, check to see if the information in "App Type" is correct, (Regular Decision, Early Decision, etc.) Once you have entered all the information – don't forget to click on "Update Applications" at the bottom of the screen to save all the information. This will take you back to the "colleges I'm applying to" page.
4. Enter your final college choice under "College that I am attending." Use drop down menu to select the college you will be attending in the fall. Be sure to click the "Update" button to save your selection.
5. See your counselor if you have any questions.

Additionally, once you have committed to your college, please complete the Senior Exit Survey that can be found on your Naviance Account under Things To Do & Tasks. That form must be completed by May 21st.

FOR SENIOR BOYS: REGISTERING WITH SELECTIVE SERVICE

What is Selective Service?

Selective Service is a government agency whose job is to provide untrained manpower for the Armed Forces if there is a national emergency. **Almost all male U.S. citizens, and male immigrants living in the U.S., who are 18 through 25, are required to register with Selective Service.** It's important to know that even though he is registered, a man will not automatically be inducted into the military. In a crisis requiring a draft, men would be called in sequence determined by random lottery number and year of birth. Then, they would be examined for mental, physical and moral fitness by the military before being deferred or exempted from military service or inducted into the Armed Forces.

When should you register? - Boys should register within 30 days of their 18th birthday. If 30 days have passed since your 18th birthday, you should register immediately.

Where can you register? A young man can register with Selective Service at: www.sss.gov. You can also register by completing a registration form at your local post office.

Females and Selective Service Registration: While there has been talk recently about women in combat, there has been NO decision to require females to register with Selective Service or be subject to a future military draft. Selective Service continues to register only men, ages 18 through 25.

JUNIORS

JUNIOR CONFERENCE INFORMATION

Students should be in the process of exploring their post-high school plans. Counselors are eager and available to help students with this process. Every student, if they haven't already done so, should schedule an appointment with his/her counselor. Appointments may be made once required paperwork is **completed and submitted**. Appropriate paperwork includes: [Student Autobiography](#), [Parent Brag Sheet](#) and [College Planning Worksheet](#). Once your paperwork has been submitted through Google, you may then call your child's counselor. Appointments must be scheduled within the confines of the school day. Please allow at least an hour for the conference. Please note, junior conferences will only be scheduled until **May 31st**.

NCAA REQUIREMENTS:

Athletes are reminded to complete the necessary NCAA Clearinghouse paperwork by the end of Grade 11. Click [HERE](#) for more information.

NAVIANCE

Naviance Family Connection is a great resource for researching colleges and careers. We will be utilizing this site to send your high school transcript and recommendation letters next year. Make sure you familiarize yourself with this site and its resources. If you need to reset your username/password, please see your counselor. You can access the Naviance Family Connection sign-in page from the Kennedy website or click [here](#).

SOPHOMORES

THERE IS A LOT GOING ON THIS TIME OF YEAR, AND IT IS VERY EASY TO BE DISTRACTED. REMEMBER TO REMAIN FOCUSED AND ENSURE YOU ARE UP TO DATE WITH ALL OF YOUR COURSEWORK. WE ENCOURAGE YOU TO KEEP A CONSTANT LINE OF COMMUNICATION WITH YOUR TEACHERS. IF WE CAN HELP YOU IN ANY WAY, DO NOT HESITATE TO VISIT AND/OR MAKE AN APPOINTMENT WITH YOUR SCHOOL COUNSELOR.



At this time of year more than ever, the ability to manage your time is critical for scholastic success. Taking a closer look at some of your habits may help us find out where you can improve, particularly at this time of year.

Critical Points for Managing your Tasks

- 1.) Prepare a schedule that clearly indicates when you will study and when you will be occupied with other commitments or recreational activities.
- 2.) When doing your work, divide lengthy or difficult assignments into short, manageable units.

Notorious “Thieves of Time” No matter how organized you are, you always have “thieves of time” which prevent you from focusing on your tasks. See if any apply to you, and do your best to avoid them:

**Telephone/text interruptions ~ Excessive computer time ~ Cluttered desk or room
Attempting too much at one time ~ Inability to say “NO”! ~ Procrastination**

FRESHMEN

YOUR FIRST YEAR OF HIGH SCHOOL IS ALMOST COMPLETE! PLEASE REMEMBER YOUR COUNSELOR IS AVAILABLE TO ASSIST YOU WITH ANY ACADEMIC OR SOCIAL ISSUES THAT MAY ARISE. WE LOOK FORWARD TO SEEING YOU!

Extra Help/Regents Review

By now, you are all familiar with our school policy regarding extra help. At this time of year, these sessions often begin to stress reviewing for Regents exams as well. It is extremely important that you see your teacher during these times if you are falling behind, or feel that you could use help organizing your notes or preparing for exams.

COLLEGE SPOTLIGHT

SUNY Binghamton University

Quick Facts <https://www.binghamton.edu/>

Affiliation: Public

Location: Binghamton, NY **Campus Setting:** Suburb/Rural

Admissions: GPA: 93+

Test Optional: SAT average (CR & M): 1200+ ACT: 28+

Enrollment: ≈14,000 **Student/Faculty Ratio:** 19:1

Strongest Academic Programs: Social sciences; Biological/life sciences; Business/marketing; Engineering; Nursing

Campus Life: About 50% of students live on campus and freshmen are required to live on campus. Binghamton is one of the few SUNY schools that offer Division 1 athletics. Intramural sports are also offered.

Cost: ≈\$29,000—which includes all expenses and Room & Board. Scholarships are available

Other Facts:

- Approximately a 3 hour drive from JFK
- Ranked #8 Best Nursing College in New York
- Binghamton's School of Management is ranked 25th in the nation among public institutions
- The campus is spread across 930 acres and is nicknamed "the brain" due to its' unique layout. 190 acres is made up of protected forest and wetlands, perfect for hiking, biking, running and a six-acre pond.



AP EXAM SCHEDULE

MANY OF OUR STUDENTS WILL BE TAKING AP EXAMS. THIS IS A VERY CRITICAL TIME. YOU ARE ENCOURAGED TO ATTEND EXTRA HELP OR VISIT THE LEARNING CENTER, AND SPEAK WITH THE CLASSROOM TEACHERS OR SCHOOL COUNSELORS IF YOU HAVE ANY CONCERNS.

Examination times are approximate. Students **MUST** arrive at the testing location **30 MINUTES PRIOR** to the times noted below.

Testing will be conducted at Kennedy. Exact rooms for each test will be shared at a later date.

AP Exams 2021		
Date	Morning- 8:00 am	Afternoon- 12 pm
Mon 5/3	U.S. Government & Politics	Physics C: Mechanics
Wed 5/5	English Literature & Comp	
Thurs 5/6	U.S. History	Computer Science A Art History
Fri 5/7		European History
Mon 5/10	World History: Modern	Macroeconomics
Tue 5/11	AP Seminar Spanish Language and Culture	Psychology
Wed 5/12	English Language and Comp	Microeconomics
Thur 5/13	Holiday - EID	Holiday EID
Fri 5/14	Biology	Environmental Science
Mon 5/17	Computer Science Principles	Statistics
Fri 5/21	Italian Language & Culture	French Language & Culture Music Theory
Mon 5/24	Calculus AB Calculus BC	Physics 1 Algebra Based
Tues 5/25	Chemistry	Physics 2 Algebra Based

***All exams are administered **IN PERSON** at Kennedy HS. ***