

## SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

*School Counselors*

Jessica Berger -Keely Coco ~Elissa Germaine ~

Matt Grasso ~Frank Sansanelli ~ Courtney Waller

*Psychologists*

Dr. Allison Boyle ~ Dr. Samantha Raimondi

*Social Workers*

Ashley Grif ~ Eric Maresca



## APRIL LET SPRING BEGIN



### IMPORTANT DATES

- 4/1 Fourth Marking period begins
- 4/2 ACT @ 8:00 am
- 4/12 STEAM Career Fair at Kennedy @ 6:00 pm
- 4/14—4/22 Spring Break!
- 4/26 National Honor Society Induction @ 7:30 pm
- 4/28 Kennedy Concert I @ 7:00 pm

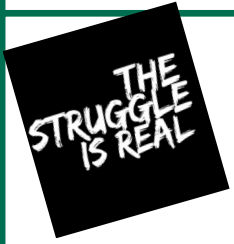
### Schedule Verification

Please review the listed courses carefully on your portal to be sure that they are accurate. If you find any errors, bring them to the attention of your school counselor ASAP.

### MAY 2022 AP EXAM SCHEDULE

Week 1	Morning 8 a.m.	Afternoon 12 noon	Week 2	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 2, 2022	United States Government	Chemistry	Monday, May 9, 2022	Calculus AB Calculus BC	Computer Science Principles Italian Language and Culture	
Tuesday, May 3, 2022	NO EXAMS *See May 17th*	NO EXAMS	Tuesday, May 10, 2022	English Language and Composition	Physics C: Mechanics	Physics C: Electricity & Magnetism
Wednesday, May 4, 2022	English Literature	Computer Science A	Wednesday, May 11, 2022	Chinese Language and Culture Spanish Language and Culture	Biology	
Thursday, May 5, 2022	Macroeconomics	Seminar  Statistics	Thursday, May 12, 2022	French Language and Culture World History:	Physics 1: Algebra Based	
Friday, May 6, 2022	United States History	Art History  Microeconomics  *Art portfolio deadline*	Friday, May 13, 2022	Music Theory	Physics 2: Algebra Based	
			Week 3			
			Tuesday May 17, 2022	Environmental Science	Psychology	

# SENIORS



Struggling to pick a college!?! Make a Pro's & Con's list...

*Highlighting a list of pros and cons can help to make your decision more clear.*



**Be sure to include the following :**

**Financial Fit; Environment; Location; Enrollment Size; Diversity on campus; Housing Options; Athletics/clubs/Greek life; Intensity of school spirt; Major/Programming, Religious affiliations, Food; Study abroad programs**

*Once you have the list made, create a side by side comparison with your schools.*

**Be sure to VISIT— VISIT—VISIT!!!**

## THE JFK SENIOR EXIT SURVEY:

The JFK Senior Exit Survey is now available. Please log into [Naviance](#) and complete your Senior Exit Survey by entering your college decisions. This information helps us guide other students in their college search just as you used Naviance for your search. You can find the survey by logging in, clicking on “About Me” at the top right, and then on “Surveys from Your School” in the selection box.

**SCHOLARSHIP BULLETIN—** Click [HERE](#) for the latest **SCHOLARSHIP Bulletin**

The 2022 Asaf German Spring Anti-Bullying Scholarship is now accepting applications! The scholarship is available to all SENIORS in a public or private Long Island High School. If you could create an anti-bullying program for your school district, what would it look like? When creating your anti-bullying program, be sure to identify specific focus points and a plan for implementation/execution. There will be one winner with the award being a \$5,000 scholarship. The deadline to apply is April 29th and the QR code posted on the right will take you to the associated website.



# JUNIORS

College planning season is here!

## JUNIOR CONFERENCE INFORMATION

If you haven't scheduled your individual post-secondary planning conference with your counselor, don't delay any longer.

Appointments may be made once required paperwork is **completed and submitted.** Required paperwork includes:

**Student Autobiography, Parent Brag Sheet and completing the College Planning google-form— all found under the “Junior Conference Forms” on our [website](#).** Once the form has been completed and paperwork uploaded and submitted, you may then call the Counseling Center Office at 516-992-1420 to set the conference.

\*Appointments must be scheduled within the confines of the school day. Please allow at least an hour for the conference.

\*Additionally, Counselors proctor the AP exams in May, which means there is limited availability during this time. So it is imperative to schedule as soon as possible. See you soon!

## COLLEGE PLANNING GUIDE

Click [HERE](#) for the updated College Planning Guide. A guide to help you along the way with all of your post-secondary planning

## SAT's and ACT's

Juniors typically take the SAT's & ACT's late winter and spring. It is essential that you prepare for these exams. Please see additional details on the SAT & ACT and also the prep courses offered through our district on [page 4](#) of this newsletter.

**\*See the next page for College Fairs to attend\***

# SPRING COLLEGE EXPO

NASSAU COUNSELORS' ASSOCIATION WILL BE HOSTING

THE 50th Annual SPRING COLLEGE EXPO—Thursday, April 28th, 2022—AT LIU Post

Representatives from more than 300 four- and two year colleges, nursing schools, business schools, and trade schools will participate in the 50th annual Spring College Expo which will be held on Thursday, April 28th from 5:30-8:30 pm at the Pratt Recreation Center at LIU Post.

The Spring College Expo, sponsored by the Nassau Counselors' Association is a timesaving opportunity for students and parents to gather a lot of information in one day. College admissions representatives will be on hand to answer key questions ranging from acceptance policies to student–faculty ratio. The event and parking are free. Officers and enlisted personnel from the various branches of the military services will also be on hand to discuss the military's enlistment and education programs such as R.O.T.C., the military academies and the GI Bill. Students are encouraged to preregister in order to obtain their scannable codes.

[CLICK HERE FOR MORE INFORMATION](#)

To Register click this link

[engage.suny.edu/portal/suny\\_college\\_fairs](https://engage.suny.edu/portal/suny_college_fairs)



Representatives from over 35 different SUNY campuses will be available to discuss academic offerings, student life, financial aid, and more.

## SOPHOMORES

### NAVIANCE

During the week of March 21<sup>st</sup>, school counselors delivered a lesson on **Career & Personality Exploration** to all Sophomore students via classroom sessions. Each classroom lesson lasted one period. The lessons took place during Global History classes. During the lesson, all sophomore students logged onto their personalized Naviance accounts. Naviance is the college and career planning software to which BMCHSD subscribes. Sophomore students were then guided to explore their personality traits and careers of interest using assessment tools available through Naviance.

Students were able to research a variety of career clusters including; Health Sciences, Marketing, Finance, Law, and Visual Arts. Through these clusters, many students were able to link college Majors associated with careers and a list of various colleges that offer those majors. It is a great tool to use to research and start the college process, which will be here before we know it. We encourage you to continue researching by logging in [HERE](#)

If you have any questions about your passcode and/or Naviance, please see your counselor.



## FRESHMEN

**REMEMBER YOUR COUNSELOR IS AVAILABLE TO ASSIST YOU WITH ANY ACADEMIC OR SOCIAL ISSUES THAT MAY ARISE. WE ALWAYS LOOK FORWARD TO SEEING YOU!**

### Freshmen Lunch Group

Have more questions about JFK, Scheduling or anything else?

Stop in the 120 room period 5 for our freshmen lunch group hosted by Ms. Coco and Ms. Berger!

# ACT/SAT

All colleges and universities accept both the ACT and the SAT. While every student is different in their testing plan, it is sometimes suggested to take both the ACT and the SAT. This would give you a chance to look at two scores and determine which you performed better on. If one exam plays to your strengths more than the other, you then would focus your study time on that test. As always, please see your school counselor to determine the best testing plan for you.

## SAT Reasoning Test

To register log on to the College Board web-site  
[www.collegeboard.org](http://www.collegeboard.org)

Test Date	Registration Deadline	Online Score Release
May 7, 2022	April 08, 2022 (4/26 with late fee)	May 20, 2022
June 4, 2022	May 5, 2022 (5/25 with late fee)	July 13, 2022

\*Please note that if you have been approved to receive testing accommodations you **MUST** indicate your SSD Code when registering. The SSD Code is listed on your Eligibility Approval Letter. \*

## ACT Reasoning Test

To register log on to the ACT web-site at [www.act.org](http://www.act.org)

Test Date	Registration Deadline	Online Score Release
April 02, 2022	February 25, 2022 (3/11 with late fee)	April 12—May 27, 2022
June 11, 2022	May 6, 2022 (5/20 with late fee)	June 21—August 5, 2022
July 16, 2022* <small>*not offered in NY</small>	June 17, 2022 (6/24 with late fee)	July 26—September 9, 2022

### \*APPLYING FOR TESTING ACCOMMODATIONS ON THE ACT\*

The ACT Corporation will only consider applications for testing accommodations after a student has registered for an actual exam. Therefore, we recommend that students register for the first exam they plan to take, very early in their junior year. Once a student has registered for an exam, they must bring us an admission ticket (as well as the release of records form found [HERE](#)) before we can apply for the students testing accommodations. This initial registration is for testing under standard conditions. Once a student has their accommodations approved they will be changed to testing under their approved conditions.

\*Please note the review process for testing accommodations takes approximately 8 weeks—we recommend that students apply for their accommodations WELL IN ADVANCE of the date they hope to test.\*

## BMCHSD

### Prep Courses available

The Bellmore-Merrick CHSD has partnered with Method Learning, a Long Island based test prep company. While the partnership officially starts in the 22-23 school year, Method has offered their online prep program free to all current juniors. We encourage all juniors to take advantage of this outstanding resource as you prepare for your spring SAT and ACT.

To register for your free account, please go to:

[Method Learning Registration.](#)

Additional Resources:

[Methodize - Student Features Tour](#)

[The First 5 Things to do in Methodize](#)

[Methodize Student Guide Book](#)

Kaplan Test prep also offers our students courses and online prep at a significantly reduced rate. For more information on classes, please click on the link below.

[Kaplan ACT/SAT Prep](#)



Follow us on twitter  
[@JFKGuidance](#)

# WELLNESS TIP OF THE MONTH

APRIL 2022

Keeping  
Motivated

When the weather becomes warmer, many high schoolers struggle staying motivated in school and may lose focus on academics. It is a myth that “senioritis” is only a problem for seniors! Students of all ages often have trouble finishing the school year as strong as they started. It is important to be aware of motivational challenges and learn how to resist the urge to “check-out”.

Here are a few tips that may help improve your attitude in the last few months of school:

- \* Rank your assignments in order of importance. Deadline coming up? Do that assignment first. As you complete each task, think of it as another step on your way to graduation.
- \* Take advantage of flexible assignments by personalizing them as much as possible. If you are able to choose a topic for your next English essay or Biology presentation, pick something that you are interested in researching.
- \* Set small, attainable goals. Work on assignments in small chunks so that you don't feel overwhelmed.
- \* Reward yourself when you complete a school assignment. Finished your Global History packet? Great! Enjoy 15 minutes of video game time or watch a short YouTube video to unwind, and then move on to the next task.

## COLLEGE SPOTLIGHT

### ROCHESTER INSTITUTE OF TECHNOLOGY



**Quick Facts:** <https://www.rit.edu>

**Affiliation:** Private

**Location:** Rochester, New York

**Campus Setting:** Residential Campus in a small city

**International Campus Locations:** China, Croatia, Dubai, & Kosovo

**Admissions:** GPA:  $\approx 3.6$  SAT  $\approx 1220 - 1420$  ACT Composite  $\approx 27 - 33$

**Enrollment:**  $\approx 16,000$

**Student/Faculty Ratio:** 13:1, average class size  $\approx 15$

**Strongest Academic Programs:** Engineering, Computer & Information Sciences, Digital Design, Visual Arts & Sciences, Business Marketing, National Technological Institute for the Deaf (NTID)

**Campus Life:** Over 300 student organizations, 10 social sororities, 9 honor societies, both intramural and club sports, 24 Men & Women Division 3 sports (transitioning to D1)

**Student Services:** Early Childhood Education Center, Health, Women's Center, LGBTQ Support Groups, Minority Support Groups, ROTC for Army, Navy, & Air Force

**Student Body:** 88% of freshmen live on campus,  $\approx 2,000$  deaf and hard-of-hearing students

**Cost:** Tuition  $\approx \$50,000$ , Room & Board  $\approx \$13,000$

#### **Facts:**

3<sup>rd</sup> Largest Institute for STEM programs

Ranked 12th among top schools' co-op or internship programs (2022)

Ranked 57th among "most innovative schools" (2022)

Ranked 81st for student excellence, a combination of ACT/SAT scores and percentage of first-year students who rank in the top 10 percent of their high school class (2022)

#### **Princeton Review**

RIT's Saunders College of Business is ranked 27th in the "Top 50 Online MBA Programs"

#### **US News & World Report**

Ranked 56th out of more than 210 engineering colleges programs (Kate Gleason College of Engineering) (2022)

Ranked 74th out of more than 514 undergraduate business programs (Saunders College of Business) (2022)

Ranked 54th out of 538 undergraduate computer science programs (Golisano College of Computing and Information Sciences) (2022)

Ranked 6th in game design and development (2022)

#### **Forbes Magazine**

Ranked 66th — fourth best among universities — by *Forbes* magazine on its 2019 list of "America's Best Midsize Employers"

Listed in *Forbes Magazine* as one of America's Best Colleges

J.F.K. HIGH SCHOOL