

SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

School Counselors

Jessica Berger ~ Keely Coco ~ Elissa Germaine ~

Matt Grasso ~ Melissa Ranallo ~ Frank Sansanelli

Psychologists

Dr. Allison Boyle ~ Dr. Samantha Raimondi

Social Workers

Allison Braverman ~ Eric Maresca



Wishing you a

HAPPY HOLIDAY SEASON



IMPORTANT DATES

12/3 Hofstra University ONSITE

12/6 Nassau CC ONSITE

12/7 SAT I & II—8:00am

12/14 ACT—8:00am

12/10 Adelphi University ONSITE

12/11 St. Johns University ONSITE

12/18 High School Alumni Day

12/24– 1/1 NO SCHOOL—HOLIDAY RECESS



NEW

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Scheduling

Counselors will visit the social studies classes in mid-December to outline the scheduling process, distribute course selection forms, and discuss requirements and options. Program planning for all our students will take place in January 2020 during English classes. Start thinking about elective classes that may interest you for next year. Click [HERE](#) to review our districts course catalog.

College Process

It's not too early to start thinking about your college application process. It may seem far off in the future, or right around the corner, but we have some advice to help once it gets here. We reiterate the importance of getting involved in our extracurricular program as well as participating in community service. It sometimes is hard to remember all you have done when it comes time to apply for your colleges; we suggest you compile a running list of everything that you have participated in. This will ensure you remember what to include in your college application. Please keep in mind the quality of the activity or community service is more important than the quantity!

Again, you can find a list of the clubs on our website or click [here](#).

SENIORS



College Admission Decisions: DECODED

Accepted: CONGRATULATIONS! Now it is time to VISIT!

Deferred: If you applied EA or ED and receive this decision, you have been pushed into the regular decision pool. If you applied Rolling admission and receive this decision, the college/university would like to have more information before reaching a decision. In most cases, the admissions counselors are interested in your senior year grades.

Waitlisted: The college/university has finished reviewing your file, and has made the decision to put you on a waiting list for admission.

Denied: If you applied EA or ED and were denied, the college/university has made its decision. You cannot reapply under Regular decision. Try not to take it personally or feel rejected; instead, feel proud of your effort and know that colleges also look to fit their priorities. There are 4,000 colleges and universities in the country and MANY will be great for you!

PLEASE SEE OUR LIST OF ONSITE VISITS ON [PAGE 4](#) OF THIS NEWSLETTER.

Scholarship Bulletin

Click [HERE](#) for a list of Scholarships available and continue to check our School Website for Scholarship updates.

Please visit the websites or call the financial aid office of the colleges or universities where you are interested in attending! They may have additional information about scholarships as well.

JUNIORS & SOPHOMORES

PSAT

PSAT scores will be in by mid-December. Your scores will be sent via the e-mail you provided on the college board. Your online report will provide you with summaries of your performance related to your scores. You'll be able further investigate exactly how you performed on each individual question. This information should be utilized in an effort to prepare students to take the SAT Reasoning test later this school year for Juniors and next year for Sophomores.

Interpreting PSAT Scores

The PSAT measures skills in three basic academic areas that are important for success in college: Evidence-Based Reading, Writing, and Math. All questions are designed to parallel ones that you will see on the SAT. First, a raw score is computed. Students receive one point for each correct answer, regardless of difficulty. No points are deducted for unanswered questions. Next, the raw score is converted to a score on the PSAT scale of 160-760. The PSAT scale is comparable to the SAT scale of 200 to 800. Score reports show a numerical score for each area measured, as well as a total score that combines your Reading/Writing score and your Math score. You will also receive sub-scores. These scores will help you determine your areas of strength as well as areas that you may want to work on before taking the SAT.

Sophomores

HOBY—HUGH O'BRIAN STATE LEADERSHIP SEMINAR FOR OUTSTANDING SOPHOMORES

HOBY's mission is to inspire and develop our Global community of youth and volunteers to a life dedicated to leadership, service and innovation. Are you a leader among your peers? Are you interested in participating in a weekend conference? If so, please pick up an application and speak to Mrs. Coco in the Counseling Center. For additional information please click [HERE](#)!!

HOBY Seminar Conference will be held at Adelphi University on June 5th– June 7th, 2020

Juniors

Save the Date

J.F.K. ALUMNI DAY

December 18th

A presentation from alumni guest speaker and a Q&A period with a full alumni panel

More details to follow

FRESHMEN

School Counselors: Our Role JFK High School

Although school counselors may appear to fill many different roles, your counselors at Kennedy have defined positions that can be divided into three areas: academic concerns, post-secondary options such as college and career selection, and personal or social issues.

At JFK, students have the same counselor for all four years, so it is important to get to know him or her. If you're curious about college and the work world, need assistance with choosing courses for the coming school year, feel disorganized or stressed, have academic difficulty or any other issues and need someone to talk to, please come see your counselor today.

Our doors are always open and we are here to help and support you!

WELLNESS TIP OF THE MONTH

Be Resilient!

From time to time, high schoolers are challenged by disappointing or unexpected outcomes. Whether it be a poor test grade, a college rejection, or even an argument with a friend, it is important to have the coping skills to move forward and accept what has happened. While it can be difficult to bounce back from upsetting events, encourage yourself to be resilient! Resiliency can help individuals deal with change and will help shift your perspective when you're feeling down. Here are six common ways to promote a resilient lifestyle:

Stay Connected: Seek out support from others and know who you can turn to in times of need. Face-to-face interactions help the most!

Look on the Bright Side: Try to keep a positive attitude rather than worrying about what is wrong. Turn your attention to what is going well!

Take Care of Yourself: Pay attention to your physical and mental health and do things that help you relax. For example: Listen to music, eat a healthy diet, exercise more, and get enough sleep.

Be Goal-Oriented: Set small, achievable goals for yourself. The more progress you make and success you have, the better you'll feel!

Learn From Experience: Remember how you and the people you respect have dealt with problems. Use coping skills that have worked for you or others in the past.

Take Action: Ask yourself, "What can I do to improve this situation?" Then do it! This can help you regain a sense of control.

COLLEGE ON-SITE ADMISSIONS

Kennedy HS is pleased to announce our on-site admissions program for current seniors.
 The following colleges will visit Kennedy to conduct individual student interviews:



- Hofstra University - Tuesday, December 3rd
- Nassau CC - Friday, December 6th
- Adelphi University - Tuesday, December 10th
- St. John's University - Wednesday, December 11th

Several of the colleges have waived their application fees for such interviews and admissions counselors will provide students with a decision immediately following their interview.

Interested students must read the information in this [LINK](#), meet the minimum requirements, and register with Ms. Gembara in the Counseling Center to schedule an appointment. Registration will close one week prior to the event date.

COLLEGE SPOTLIGHT

UNIVERSITY OF COLORADO—BOULDER

Website: www.Colorado.edu
 Location: Boulder, Colorado



Affiliation: Public University
Campus Setting: 600-acre Residential campus in small city—30 Miles from Denver
GPA: 3.66+ (unweighted)

Standardized Test: SAT reading/writing: 580-670 — SAT math: 570-690 — ACT: 25-30 (essay optional for both)

Enrollment: 29,000 undergraduates **Student/Faculty ratio:**18:1 **Cost:** \$50,260

Strongest Academic Programs: Biology, Business/Marketing, Communications/Journalism, Engineering, Psychology

Campus Life: 27% of student body live on campus—First year students are required to live on campus

Athletics – 19 division I sports—PAC 12 Conference

Worth Noting/Fun Facts:

- The scenery is breathtaking and the science programs are first rate.
- The Sierra Club has named CU-Boulder as the top public university in the nation for its efforts to protect the environment.
- Sponsored day trips to ski resorts like Breckenridge and Vail largely replace weekend getaways, but the Eldora ski area has a vertical drop of as much as 1,400 feet, is just a half hour from campus.
- The CU-Boulder club sports program is ranked among the top three in the nation for both the athletic and the academic performance of its teams.
- Physical exercise is a popular extracurricular activity. The newly renovated and expanded Student Recreation Center includes indoor and outdoor pools, a state-of-the-art climbing gym, indoor turf gym for soccer and other sports, basketball and tennis courts, racquetball courts, an indoor running track, ice arena, five fitness studios and 20,000 square feet of strength and cardio space.

References: Princeton Review College Website, CollegeBoard 2018 College Handbook, Fiske Guide to Colleges 2017