

SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

School Counselors

Keely Coco ~ Anthony DeMartinis ~ Elissa Germaine ~

Matt Grasso ~ Melissa Ranallo ~ Frank Sansanelli

Psychologists

Dr. Allison Boyle ~ Dr. Samantha Raimondi

Social Workers

Allison Braverman ~ Eric Maresca



IMPORTANT DATES

- 1/2 Transcript Request Due to Registrar for January 15th Application Deadline
- 1/4 Registration Deadline for February 9- ACT
- 1/10 11th grade Guidance Program for parents and students—7:00pm
- 1/21 NO SCHOOL—Martin Luther King Jr. Day
- 1/22- 1/25 Regents Exams & Midterms
No High School Classes—See below
- 1/28 Semester 2 begins

SECOND SEMESTER

Half Year Courses

Monday, January 28th marks the start of Semester 2. This means that Semester 1 (half year) electives will conclude and students begin attending their Semester 2 electives.

If a student has a Semester 2 (half year class) that they wish to change, they have the opportunity to make this request before the start of the 2nd semester, January 28th or not until the 12th day of the class, which is February 12th.

Additionally, the “Add/Drop period” for adding Half year courses to your schedule will be closed on February 15th which is the first 15 days of the second semester.

Students who wish to change a Semester 2 elective must see their school counselor in the counseling center.

JANUARY REGENTS/MIDTERMS

*Regents Exams = 3 hours (students must stay for a minimum of 2 hours)

**Midterm Exams = 1 1/2 hours (students must stay for a minimum of 1 hour)

Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
MARTIN LUTHER KING JR DAY	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
SCHOOLS CLOSED	8:00 AM *English Regents **Geometry Midterm 12:00 PM *Living Env Regents **Global Hist 2 Midterm	8:00 AM *US History Regents *Geometry Regents **World Lang Level II Midterm * Physics Midterm 12:00 PM *Algebra I Regents **US History Midterm **World Lang Level III Midterm	8:00 AM *Global History Regents (Transition Exam) *Physics Regents **Living Env. Midterm 12:00 PM *Algebra II Regents **Earth Science Midterm **Algebra II Midterm	8:00 AM *Earth Science Regents *Chemistry Regents **Algebra I Midterm 12:00 PM **Chemistry Midterm

The ELA Regents on January 22nd is for ALL Current 11th grade students.
All other regents exams are for students *retaking* exams.

SCHEDULING FOR 2019-2020

JANUARY 2019

It is hard to believe that we are already in the process of scheduling for the 2019-2020 school year. Last month Counselors visited the social studies classes to explain the course selection process and review electives. In January, Counselors will visit the English classes to schedule students for the 2019-2020 school year. It is imperative that students give serious consideration to the electives they choose. Students and parents should review the course guide thoroughly and carefully select electives to ensure appropriate placement for next year. When choosing your electives, please ask your counselor and/or the subject matter teacher for more information. The course catalog is also a great resource to use and get a more detailed description of every course offered. It can also offer guidance as to which course pathways are most often taken. The course catalog can be found on our district website or [here](#) and the course worksheet can be seen [here](#).

Additionally, please familiarize yourself with the New York State Graduation requirements found on the chart below, to ensure that you are enrolled in the correct classes.

Required Courses	Regents Diploma	Regents Diploma with Advanced Designation
English	4 Units	4 Units
Social Studies	4 Units	4 Units
Mathematics	3 Units	3 Units
Science	3 Units	3 Units
Health	½ Unit	½ Unit
Art or Music	1 Unit	1 Unit
Electives	3½ Units	1½ Units
Physical Education	2 Units	2 Units
World Languages	1 Unit	3 Units
Total	22 Units	22 Units

Below are the dates Counselors will be scheduling each class by grade. If you should have any questions please call or make an appointment with your counselor. We know these choices and requirements can sometimes generate questions and confusion ...as always we are happy to help.



Freshman—January 3, 4, 7
Sophomores—January 8, 9, 10, 11
Juniors — January 14, 15, 16, 17



J.F.K. HIGH SCHOOL

SENIORS



Sending Midyear Grades to Colleges

Within the next month, colleges to which seniors have applied will ask for mid-year grades. **As a reminder: for any college to which a senior has requested that JFK send their transcript, mid-year grades will automatically be sent to that college when they become available, which will be by mid-February.**

For example, if a "Transcript Request Form" was sent to the registrars office requesting transcripts be sent to the colleges that seniors have applied to, the mid-year grades will be automatically sent to these schools in February. This means that there are no additional steps in order to have your mid-year grades sent.

Financial Aid

Remember- the FAFSA must be completed by any college bound senior who will need loans to help pay for college next year. The FAFSA Application became available on October 1, 2018. We strongly encourage seniors to **complete this application as soon as possible**, as funds will dwindle over time. To access the application- <https://fafsa.ed.gov/>.

SCHOLARSHIP BULLETIN #2

Please continue to check our School Counseling and Wellness Center [webpage](#) for Scholarship updates.

JUNIORS

There are only a few days left this semester and the focus should be on finishing strong. We know that you are juggling many different responsibilities, but remember that academics come first. Amazingly enough, college planning season is upon us! Please join us for the Guidance Program on January 10th at J.F.K

Attendance at this planning night is extremely important. The college planning process is time sensitive; once dates have passed it may be impossible to "make-up" for lost time!

EVENT	AUDIENCE	DATE & TIME
Guidance Program for 11th Grade Parents	11th Grade Parents and Students	January 11th 7:00PM @ JFK

JUNIOR CONFERENCE INFORMATION

Starting **Monday, February 4th** 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 handed in, you may then call the Guidance Office at 516-992-1420.

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

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 7th– June 9th, 2019

FRESHMEN & SOPHOMORES

Preparing For Your High School Midterm Exams

Exams are meant to tell you what you have learned and how well you have learned the material.

We have a few suggestions on some test taking skills.

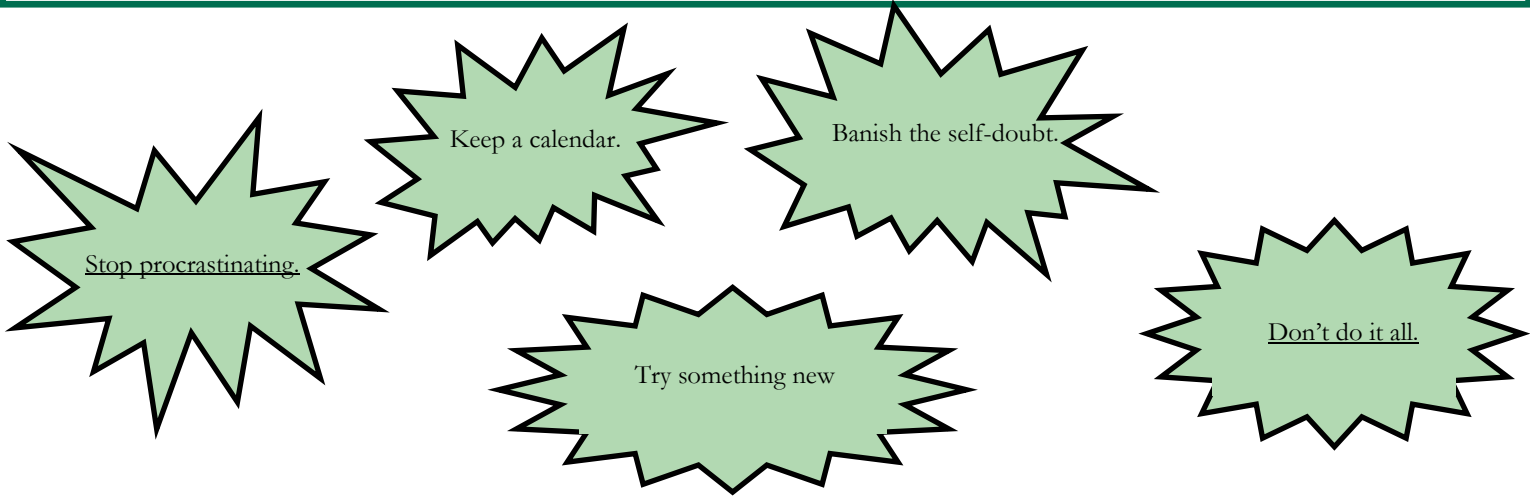
- 1. Come Prepared and Arrive Early**—Bring extra materials such as: pencils/pens and a calculator.
- 2. Reserve 10% of Your Test Time For Review**—Review your test and resist the urge to leave as soon as you are done to ensure you have answered all the questions correctly. Proofread your writing for spelling, grammar and punctuation. Check your math answers for any miscalculations. Make sure all multiple choice questions are answered— if there is no penalty for guessing.
- 3. Stay Relaxed And Confident.** — Get plenty of rest the night before and remind yourself that you are well-prepared and are going to do well. If you feel anxious before or during a test, take several slow, deep breaths to relax—practice this technique at home so you know what works best for you.

Remember to try and study early to ensure that if you have any questions you leave enough time to ask your teachers.

WELLNESS TIP OF THE MONTH

Top 5 Resolutions for High School!

The new year is a good time to reflect on some changes we want or need to change.



COLLEGE SPOTLIGHT

HARTWICK COLLEGE



HARTWICK
COLLEGE
est. 1797

Quick Facts: www.hartwick.edu

Affiliation: Private

Location: Oneonta, New York

Campus Setting: Small Town

Admissions: GPA:~ 3.0 SAT:~1000; ACT Composite: ~22-26 *Test Optional

School*

Enrollment: ~1,500

Student/Faculty Ratio: 11:1; average class size is 18.

Strongest Academic Programs: Business Administration, Psychology, Education, Biology

Campus Life: Over 60 student organizations, intramural sports and 17 Varsity sports; more than 75% of students living on campus

Cost: ~ \$49,000

Facts:

- *Hartwick has a three-year bachelor's degree program
- *Over 60% of students study abroad;
- * Many students take advantage of enrolling in a course or study abroad during January term.
- *Oneonta has been ranked as a top ten college town in the nation.
- *Hartwick students partner with **Guiding Eyes for the Blind** – puppies are paired with students selected and live with them in their respective residence halls
- * Academic Scholarships are based on your high school record and standardized test scores (if submitted) and range in value from \$20,000 to \$92,000 over four years of study.