

## SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

*School Counselors*

Jessica Berger ~ Keely Coco ~ Elissa Germaine ~

Matt Grasso/ Conor Dorney ~ Courtney Waller ~ Frank Sansanelli

*Psychologists*

Dr. Allison Boyle ~ Dr. Samantha Raimondi

*Social Workers*

Allison Braverman ~ Eric Maresca



### IMPORTANT DATES

- 1/5-1/8 9th Grade Scheduling Course Selection
- 1/11-1/14 10th Grade Scheduling Course Selection
- 1/14 Guidance Program– 11th Grade Parents
- 1/18 NO SCHOOL—Martin Luther King Jr. Day
- 1/19-1/21 11th Grade Scheduling Course Selection
- 1/28- 1/29 Half Year Course Finals
- 1/29 End of Quarter 2!

### SECOND SEMESTER Half Year Courses

Monday, February 1st marks the start of the second semester. This means that Semester one (half year) electives have concluded and students begin attending their Semester two electives.

If a student has a Semester two (half year class) that they wish to change, they have the opportunity to make this request before the start of the 2nd semester, February 1st or not until the 12th day of the class, February 16th.

Additionally, the “Add/Drop period” for half year courses will be closed on February 14th which is the first 15 days of the second semester.

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

### Good Deed Awards

The Good Deed Award rewards Long Island Teenagers for their fine example of good deeds, kindness and their pioneering activity in the transmission of value and identity.

If you are interested in applying please see your Counselor.

### Remote Day Bell Schedule

### Scheduled Remote Days

Over the last few months, the district has had the opportunity to practice our remote learning instruction and offer professional development on designated “Remote Wednesdays.” Looking ahead to the next couple of weeks, we have made the decision to schedule additional remote learning days. The scheduled remote days will be as follows:

- January 13<sup>th</sup>**
- January 27<sup>th</sup>**
- February 10<sup>th</sup>**

Students will be expected to follow the remote learning schedule from home. The schedule for both the middle schools and high schools will be as follows =====>

Period	Start	End
1	8:00	8:30
2	8:45	9:15
3	9:30	10:00
4	10:15	10:45
5	11:00	11:30
6	11:45	12:15
7	12:30	1:00
8	1:15	1:45
9	2:00	2:30

# SCHEDULING FOR 2021–2022



JANUARY 2021

It is hard to believe that we are already in the process of scheduling for the 2020-2021 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 2020-2021 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 other useful links can be found [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
<b>Total</b>	<b>22 Units</b>	<b>22 Units</b>

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.

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Freshmen—January 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>  
Sophomores—January 11<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>  
Juniors — January 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup>  
} 

**FOLLOW US ON INSTAGRAM @JFKGUIDANCE**

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, 2019. 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/>.

### DISTRICT SCHOLARSHIP BULLETINS

Please continue to check our [Scholarship 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 virtually for the Guidance Program on January 14th at J.F.K. An email with a link to the event will be sent out.

**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
Virtual Guidance Program for 11th Grade	11th Grade Parents and Students	January 14th 7:00PM

### JUNIOR CONFERENCE INFORMATION

Starting Monday, February 3rd 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 Counseling Center 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 your Counselor in the Counseling Center. For additional information please click [HERE!!](#)

# 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.
- 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 6 Resolutions for High School!

Stop procrastinating.

Commit yourself to getting good grades.

Do the best you can!

Keep a calendar.

Try something new

Banish the self-doubt.

## COLLEGE SPOTLIGHT

### OHIO STATE UNIVERSITY

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

**Affiliation:** Public

**Location:** Columbus, Ohio

**Campus Setting:** Residential campus in large town

**Admissions:** **GPA:** 93 Avg **SAT:** 1300 Avg; **ACT Composite:** 29 Avg

**Enrollment:** 46,800 Undergraduates

**Student/Faculty Ratio:** 19:1

**Strongest Academic Programs:** Business/marketing, Engineering, Health professions and related sciences, Social sciences, Research based programs.

**Campus Life:** Active Greek Life, Strong school spirit events; Freshmen and Sophomores required to live on campus.

**Athletics:** OSU is a member of the Big Ten Conference, and the Buckeye athletics program includes 21 intercollegiate men's and women's sports in NCAA Division I. They are a consistent powerhouse in College Football.

**Cost:** \$32,061 **Room and Board:** \$12,708 ~ Mandatory to live on campus for first two years

**Fun Facts:**

- No. 17 among all public schools (*U.S. News and World Report's* 2020 edition of "America's Best Colleges")
- Top 12 public research university and No. 3 nationally in industry-sponsored research (National Science Foundation)
- Top 10 among public universities for innovation, a ranking that identifies universities with leading approaches to curriculum, campus life, technology and facilities (*U.S. News & World Report*)
- 12th for most sought-after graduates (*The Wall Street Journal* survey of corporate recruiters)
- 7th in the nation and No. 3 in the Big Ten for number of students studying abroad (Open Doors Report)
- Top 15 LGBTQ-friendly college, earning 5 out of 5 stars (Campus Pride)
- A+ for campus food — the best in the Big Ten (Niche)

