



RIVER DELL

REGIONAL SCHOOL DISTRICT

GUIDE LINES

RDHS Counseling Dept. Newsletter

APRIL/MAY 2023



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***Attn. Seniors:** As of April 1st, you should have received final college acceptance letters. You must send a deposit to the college you plan to attend by May 1st. **Do not double deposit!** As a courtesy, please notify all other colleges where you were accepted that you will not be attending. Please contact **Mrs. Obeso** and your counselor regarding these acceptances. Please remember to update your Naviance account with these results. No one except you and your counselor will see these updates. Finally, please make sure to write a thank you note to your teachers who have taken the time to write recommendations for you.

Admissions Roundtable

On **Thursday, May 18th** at 7:00 p.m., representatives from various colleges/universities and the IBEW local 164 Electrical Union will be available to discuss the college application process and what qualities they look for in a college bound student. This will be a virtual event. All grades are welcome. It's never too early to start!!! For a list of colleges planning to attend, please check the Guidance section on the school's website.

Important Information For Students Taking AP Exams in May

Students taking AP exams can access the AP Bulletin, which contains information about the tests, online. Below are several important points:

- ◆ No cell phones, smart watches or electronic devices permitted!
- ◆ All exams are given at RDHS.
- ◆ Students taking morning exams must arrive by 7:15 a.m. and for afternoon exams, by 11:15 a.m.
- ◆ Students who arrive late, will NOT be allowed to take the exam.
- ◆ Students will remain seated until all have completed the exam. No one may leave the exam early.
- ◆ The College Board strongly discourages students from being absent. Make-up exams are only allowed in cases of a documented family emergency or severe illness.
- ◆ Exam guidelines and schedules can be found on our school website, rdhs.riverdell.org, *Guidance*.
- ◆ Students should bring sharpened #2 pencils and a pen with black or dark blue ink. Graphing calculators are required for Calculus, Statistics, Chemistry and Physics exams. Biology students may use a four function (w/ square root) calculator only!
- ◆ Students may bring a snack/drink but may only eat/drink before, after, or during breaks.

River Dell Senior Options Program

Exciting news for all RD students. Senior Options would like to introduce RD LEADS. Leadership, civic engagement, community, and an opportunity to invite positive change. This year's project will focus on reducing RD's impact on the environment. Intern and School-to-Work students have had a wonderful year working alongside numerous professionals. Exploring career options and developing their professional portfolios. 2023-2024 applications are currently being accepted and can be found on Mrs. Luberto Stuber's RD webpage.

DATES TO REMEMBER

April 3rd thru 7th
Spring Recess School closed

Sat., April 15th, 7:30 AM
ACT Test
(offered at RDHS)

May 1st thru 12th
AP Exams given at RDHS

Sat., May 6th, 7:30 AM
SAT Test
(offered at RDHS)

May 16th, 17th & 18th
Counselors meet w/ seniors to complete Senior Survey in Naviance

Thurs., May 18th, 7:00 PM
Admissions Roundtable
Virtual event

May 19th & 22nd
(9th grade only)
NJSLA-Math assessment

May 19th, 22nd, 23rd & 24th
(11th grade only)
NJSLA-Science assessment

May 23rd & 24th
(9th grade only)
NJSLA-ELA assessment

Mon., May 29th
Memorial Day
School closed

MEMORIAL DAY...

...IS THE DAY THAT'S SET ASIDE TO REMEMBER WITH GRATITUDE AND PRIDE ALL THOSE WHO SERVED AND DIED FOR OUR COUNTRY AND OUR FREEDOM. MAY YOUR DAY BE FILLED WITH MEMORIES AND PEACE. GOD BLESS AMERICA



Be Smart in Planning and Carrying Out College Visits

Many students either don't do college visits or go on their visits with little or no preparation (bad idea). Here are some tips so you can make the most of your college visit.

1. *The student is the one that needs to set up the visit, not the parents.* The student is the one going to college and needs to take the initiative.
2. *Ask to set up an appointment with both an academic advisor as well as a rep from the department of your potential major.* Also meet with someone in the financial aid office as well as the Office for Students with Disabilities (if you have an IEP).
3. *Develop a list of questions in advance.* Can't think of what to ask? Talk with your counselor for suggestions.
4. *On the day of your visit, dress nicely but comfortably and wear shoes you can walk in easily.* Do not, under any circumstances, do the "sagging" and "bagging" routine. Also, many campuses are large; be prepared to do a lot of walking. Finally, be friendly and be on time.
5. *During your visit remember to ask your questions, but if you are part of a group, do not monopolize the rep's time.* Allow other participants to ask questions and listen to both the question and answer carefully. A question may be asked that you did not consider or already have on your list.
6. *Colleges expect parents to ask questions too. They know who is footing the bill.* Parents just have to remember why they are visiting the college.
7. *Do not spend the entire day on the college campus itself.* Yes, you will be spending a lot of time on the campus. Drive through the surrounding neighborhood and notice things like grocery stores, entertainment venues and restaurants. Remember, you are going to need some down time once in a while.
8. *Send thank you notes!* Be certain to thank everyone for their time. Send a real, live, handwritten card or letter. It's more personal and will make you stand out from the crowd. E-mails, due to the volumes received, can be easily overlooked.

Underclassmen, Planning for Next Year—How Much is Too Much?

Each year we see seniors buckling under an excessive load of AP and honors classes. Juggling the demands of a very challenging academic schedule along with involvement in school and community extracurricular activities, leaves these students with little time to sleep, much less have fun. Therefore, at this time of year as underclassmen begin to choose classes for next academic year, the question is: Just how much is too much?

While it is true that selective colleges want their applicants to have taken full advantage of the educational opportunities available to them, it is also true that there is a limit to what is humanly possible. No one involved in the admissions process wants to see students crumbling under self-inflicted pressure. Each student needs to realistically assess how much he or she can do and plan to take courses that, while challenging, still permits you to have a life.

So what is reasonable? Colleges like to see a *minimum* of 4 years of English and 3 to 4 years of each of the rest of your core courses. Plan to include *at least* 3 years of math, science, social studies and foreign language (preferably 4) and one or more years of fine arts. Take some of these courses at an Honors, SUPA or AP level if you can handle the workload. The rest of your schedule should include electives that you are interested in.

When selecting extracurricular activities keep in mind that depth of involvement is more important than breadth of involvement. Opt for fewer activities but greater participation. Find the things you love to do, be it community service, student government, performing arts, debate or sports and devote your extracurricular hours to your growth and development in these areas.