

# GUIDELINES

## February 2024

### February Hawk Day

With the assistance of Ms. Luberto, RDHS has an exciting Hawk Day planned for February 16th! We will be hosting a Career Day, with local professions from dozens of career areas joining us to share their experiences.

Students will have the opportunity to hear from a panel of professionals who navigated a career change, while also attending small group sessions focused on their careers of interest.

Not sure what career you are interested in? We are also offering sessions focused on general career planning, with topics ranging from career exploration on Naviance to tips on resume building and interview skills! Students should complete the interest survey emailed on January 30th.

### Halfway Done: Time to Reflect!

With the school year halfway complete, now is a great time to reflect on both academic and personal progress. We encourage students and families to take the time to evaluate their goals, celebrate achievements, and identify areas for improvement. Students are encouraged to reach out to their teachers and counselors for support, and continue to foster a collaborative effort to ensure a successful and fulfilling second half of the academic year!

### UPCOMING EVENTS

#### Wellness Wednesday

#### How to Get Unstuck: Ways to Manage Your Anxiety

Wednesday, February 7, 2024

7:00 - 8:00 PM

The River Dell High School Library

[Click Here](#) for More Information

### Local Scholarships for Seniors

On February 7th, students will receive a detailed email from Mrs. Obeso with a complete list of all local scholarships, as well as application instructions. These materials will all also be available on the RDHS Guidance webpage. All application materials are due to Mrs. Obeso in the guidance office by 3PM on Thursday, March 14th.

### Senior Options Coordinator: Ms. Luberto

Did you know that River Dell offers formal internship and work programs? Our Senior Options Coordinator, Ms. Luberto serves an extension of the RDHS Department of Guidance and Counseling and offers two key programs for high school seniors:

- Senior Internship
- School to Work

In addition to these two senior options, Ms. Luberto also shares information regarding a wide variety of volunteer and work opportunities with students of all grade levels. Be on the lookout for her emails!

Want to learn more about your options?  
Email: [Jennifer.Luberto@riverdell.org](mailto:Jennifer.Luberto@riverdell.org).

### Our Staff

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## FAFSA Update

The updated FAFSA is now accessible; however, it is not without its challenges. These issues are likely to result in delays to the typical timeline colleges adhere to when communicating financial aid packages for accepted students. If you encounter any problems, we strongly advise that you:

- Use a different browser.
- Take a break and try again later.
- Contact the FSA Office at:
  - 1-800-4-FED-AID, or
  - [customerservice@studentaid.gov](mailto:customerservice@studentaid.gov)
- Try the live chat.
- Be patient.
- Submit the form no matter what!



One of the greatest determining factors in students' college decisions is cost. With this in mind, we appreciate that the recent FAFSA challenges can lead to some unanticipated (and unnecessary) stress during this time! Keep in mind that every college has resources available to assist families with financial planning. From net cost calculators to financial aid officers, make use of these unique resources to help you navigate this aspect of the decision process. Taking the time to explore these college-specific options can help your family manage the anticipated delays in formal financial aid packages and be in a better position to make a final college decision this spring!

As we celebrate Valentine's Day on February 14th, let's not forget the most important relationship of all— **the one with ourselves**. Just as we so often exchange gifts on this day, it's crucial to **gift ourselves moments of self-care and kindness**. Take some time this year to engage in activities that bring you joy, reach out to friends or professionals if needed, and embrace the positive energy around us. Remember, a healthy mind is the best Valentine's Day treat you can give to yourself!

## A Reminder About Mid-Year Grades (for seniors)

Many colleges request updated grades for seniors who have not yet received an admissions decision. This may include a formal mid-year report/transcript or an update to your SRAR. The mid-year grades are an average of the first and second marking period grades from this year. In addition, we also update both your senior year and cumulative GPAs.

- **Mid-year reports/transcripts will be sent by your counselor to all colleges during the first week of February. These are sent automatically—students do not need to make a formal request.**
- Please be aware that if you were required to complete a Self-Reported Academic Record (SRAR) for any of your colleges (Rutgers is an example), you may be required to update that document with your mid-year grades. Please check the student portal for those colleges and if it needs to be updated, stop by the guidance office during the first week of February to pick up your mid-year transcript.