

GUIDELINES

January 2024

Individual Junior Meetings

On January 16th, counselors will begin in-person, individual junior meetings for students and their families. While meetings are primarily focused on plans for after high school, related items including current academic, social, and emotional progress, extracurricular involvement, standardized testing, and senior course selections will also be discussed. All families will receive a formal invitation via email approximately 2 weeks prior to their assigned date. Meetings will run through the end of February and families are highly encouraged to attend with their student.

SAVE THE DATE

RDHS Post-Secondary Planning Night

Thursday, January 4, 2024

7:00 - 8:30 PM (Virtual)

[Teams Link](#)

Our Post-Secondary Planning Night serves as our official kick-off to the post-secondary planning process. The evening is specifically geared towards juniors and their families, but all grades are welcome to join!

During this program, our counseling team will provide essential information regarding college planning and post-secondary options, as we head into individual meetings.

The New SAT

Beginning March 2024, the SAT will only be available in the new, digital format. Some key differences are outlined below:

- Multistage adaptive testing
 - Two separate modules, with the second based on performance on the first
- Shorter testing time
 - 2 hours and 14 minutes instead of 3 hours
- Calculator permitted for entire math section
- Shorter reading passages with only a single associated question
- Faster score reports
 - Scores available in a matter of days, rather than weeks

To register for an upcoming SAT or explore more details about the new digital format, [click here](#).

Boys & Girls State and Girls Career Institute

On January 18th, all 11th graders are invited to a presentation regarding the NJ Boys and Girls State program and Girls Career Institute. These programs focus on building leadership skills and give students a distinctive opportunity to attend a weekend conference at a NJ college in June.

The presentations will take place during each lunch period in the library. Students are encouraged to take advantage of this opportunity to apply to attend these prestigious programs. Application procedures and timelines will be given to students during the presentation. If you have any questions, please contact Mrs. Garcia in the Guidance Office.

Our Staff

201-599-7200

Erin Kirkby
Director
x7224

Jaclyn Amadeo
x7289

Rachael Anderson
x7245

Brian DiUbaldo
x7226

Jeanine Farfalla
x7298

Lauren Garcia
x7230

Building Healthy Habits: Social Media

With the start of the new year, now is a great time to take a closer look at social media use. Parents and caregivers play an important role in guiding how teens use social media. Did you know that the American Psychological Association issued a health advisory on social media use in adolescence? In addition to a detailed report, linked below, the APA shared four tips for parents regarding social media:

1. **Recognize developing brains may be especially vulnerable to specific social media features.**
 - Limit social media use on platforms that include counts of likes or encourage excessive use. Use screen time settings and help teens set limits and learn self-control. Prohibit screen time that interferes with your child getting at least 8 hours of sleep a night to ensure healthy brain development.
2. **Monitor and discuss your child's social media use.**
 - Engage in weekly conversations with your child to discuss the dynamics of social media platforms, creating an environment where they feel comfortable sharing their experiences without fear of judgment. Ask about their observations on social media, explore their interpretation of content, and present hypothetical scenarios to understand their potential responses to various online situations.
3. **Model healthy social media use.**
 - Discuss how and why you use social media. Set limits for your own social media use and encourage your child to follow your example. Take social media breaks as a family and discuss the challenges and temptations you all experience when away from social media for a long time.
4. **Watch for problematic social media use.**
 - Keep an eye out for signs your child may be using social media in unhealthy ways. Your child's social media use might be causing problems if it interferes with their daily routines and commitments, such as school, work, friendships, and extracurricular activities, they often choose social media over in-person social interactions, or it prevents them from getting at least 8 hours of quality sleep each night.

Social media tips for teens...

Looking for additional resources? Check out these quick reads:

- [APA's Health Advisory on Social Media Use in Adolescence](#)
- [Social Media & Your Child's Mental Health: What Research Says](#)
- [How to Build Healthy Digital Habits: 5 Tips for Families](#)
- [Constantly Connected: How Media Use Can Affect Your Child](#)



Senior Grades

With the first semester ending on January 19th, many colleges will be requesting updated grades for seniors. 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.