

GUIDELINES

October 2023

SAVE THE DATE!

Click on each event for more info

Wellness Wednesday: Community Yoga!

Wednesday, October 4th, 7-7:45 pm

How to Help Your Child Balance Social Media & Tech

Wednesday, October 11th, 6:30-7 pm (virtual)

PSAT (for juniors)

Saturday, October 14th, 7:15 am

Financial Aid Night

Wednesday, October 18th, 7-8 pm (virtual)

Insider's Guide to College Admissions Tests

Wednesday, October 18th, 8-9 pm (virtual)

9th Grade Group Meetings

Counselors will meet with all 9th grade students in small groups throughout the second week of October. Not only will counselors reintroduce themselves and share the many ways they can support students throughout high school, they will also provide students with information and recommendations to help make the most of the next 4 years! Students will end the session by completing a personality assessment on Naviance and exploring their unique strengths, preferences, and needs both in and out of the classroom.



Hugh O'Brien Youth Leadership Program (HOBY)

During the week of October 24th, counselors will host lunch meetings for all 10th graders interested in HOBY. Each year, two students are chosen to represent RD at the HOBY Leadership conference. Over a three-day weekend in June, students will have the opportunity to interact with distinguished leaders in business, government, education, and other professions to discuss present and future issues.

College Essay Guy Resources

The College Essay Guy shares endless free resources related to the college process. In addition to blogs and podcasts on the personal essay, you can find reliable recommendations on everything from supplemental essays to the Common App Activities list to financial aid. Visit their [Free Resources page](#) for more info!

FAFSA Info

This year, the FAFSA (Free Application for Federal Student Aid) will be available in early December, which is later than the former October 1st opening. A number of other changes were made and can be reviewed on the following [link](#). Remember to complete the FAFSA early and complete the NJ State Specific Questions. For further information, please visit the official [FAFSA Website](#).

College Planning Guide

Questions about the college process? Not sure what you should be doing? In addition to reaching out to your counselor and checking your email for their updates, be sure to check out our [RD College Planning Guide](#). We especially recommend reviewing the College Timeline on pg. 14!

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College Fairs & Open Houses

All colleges allow prospective students to tour and attend information sessions on their campus. We highly recommend that students visit colleges whenever possible, as this is really the best way to gauge whether or not a college is a strong match. However, if you cannot get to campus or are early in the process, college fairs are a great way to learn about many schools in a short amount of time. Below, please find resources related to college fairs and open houses. Whether on a visit or at a college fair, connecting to admissions representatives is always a great step in the admissions process!

NACAC National College Fairs

<https://www.nacacnet.org/nacac-college-fairs/>

Giving college-bound students the opportunity to interact with Admissions representatives through dozens of in-person and virtual fairs.

NJACAC Open House Guide

<https://www.njsca.org/college-open-houses>

A list of college open houses in the greater NJ area. Open houses allow you to see many of the activities available on campus and are typically a more comprehensive (and longer) experience than the typical campus tour.

College Fair Guide

www.collegefairguide.com

An informational guide on upcoming Regional and National College Fairs.

The College Tour

<https://www.thecolletour.com/watch-now/>

A TV series that explores the campus life, academics, housing, sports, activities, and much more... each student-driven segment gives the audience an inside look at what it's truly like being a student at the featured college or university.

Managing the Stress...

There is no doubt, the college application process can be stressful. Five tips from LiveCareer that can help manage that stress are: 1) Be Open to More Than One College, 2) Don't Make College Admission a Constant Topic of Conversation, 3) Make a Habit of Exercise and Physical Activity, 4) Stay Connected With Family and Friends, and 5) Take Stress-Free Breaks. For more details on how to incorporate these strategies into your life,

Seniors: A Note on Test Scores

If you choose to submit your SAT or ACT scores as part of your application, most colleges and universities require an official score report be sent to them directly from the testing agency. Failure to do so will cause your application to be incomplete and could cause a delay in the reading of your application. Please note, this process can take several weeks. To send your SAT scores go to www.collegeboard.org and log in to your account; to send your ACT scores go to www.act.org and do the same. If you have any questions, including whether or not you should send your scores, please see your counselor.

Wellness Wednesdays

We are excited to share the start of Wellness Wednesdays! These sessions will be held on 5 Wednesday evenings throughout the year and offer all members of the community a range of wellness resources and activities. Our first session, Community Yoga! will be held in the high school gym on October 4th at 7 pm.

School Counselors: What We Do

At RDHS, students have the same counselor for all four years, so it is important to get to know us! If you are curious about college or the work world, need assistance with choosing courses, feeling disorganized or stressed and need someone to talk to, please stop by. Our doors are always open. Parents are also encouraged to reach out to their child's counselor with any questions or concerns.

In September, the counselors have shared specific information to each grade, as follows:

- **Seniors:** Met in groups to review the next steps in the college application process.
- **Juniors:** Communicated PSAT information.
- **Sophomores:** Provided invitation to HOBY info session (via email).
- **Freshmen:** Shared date and time (via email) for upcoming small group meetings.

Counselors also continue to reach out to students on an individual basis to check-in and provide support.