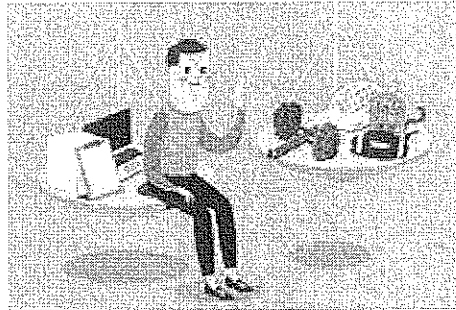


Freshman/Sophomore Night

Oct 23, 2018

7pm



MHS Auditorium

Presented by Sandra Caruso and Craig Matthews, MHS Guidance Department.

This information session for Freshman and Sophomore Parents and Students will include the following information:

- Mental Wellness and Balance- Learning how to navigate the commonly experienced challenges of adolescents and the resources available at MHS.
- Naviance- Family Connection Overview, Online college and career resource for students and parents. Receive a step-by-step guideline on how to access and explore the many helpful features of this valuable website.
- College Test Preparation- Overview of Standardized tests, including PSAT, SAT and ACT presented by Stephanie Wolfe of Breakaway Prep.



MORRISTOWN HIGH SCHOOL

WELCOME TO MHS GUIDANCE

Advice for Ninth and Tenth Graders

1. Colleges will look at your entire transcript; every grade counts!
2. Take the most appropriately challenging courses.
3. Be involved. If you like helping others, join a community service-oriented organization. If you like debate, sign up for model UN. If you like volleyball, then play volleyball for the next 3-4 years. Colleges like to see that you are committed.
4. Be a leader! Start a new club or as you progress in your club/organization, take a leadership position in 11th or 12th grade.
5. Read as much as you can! Read anything. Reading helps with vocabulary, spelling, grammar, and comprehension. All of these things are important for high scores on the PSAT, SAT, ACT, PARCC, and classroom tests.
6. Be respectful to your teachers. They are here to help you. Get to know your teachers, so they can write a more personal letter of recommendation when you are applying to college.
7. Take advantage of all of the MHS resources at your disposal to ensure you are successful – tutoring, Teen Pride, homework tutorial, extra help,...
8. Get to know your counselor. He/she will be writing a letter of recommendation for you for college. Use Naviance/Family Connection for career assessment/information, scholarships, college searches, ...

MHS Guidance Staff

Dr. Jennifer Giordano – Director of Guidance x2136

Claudia Barrera – Counselor x2138

Ingris Bedoya – Administrative Assistant x2130

Matt Carmel – Academic Assistance Coordinator x2152

Sandra Caruso – Counselor & HIB Specialist x2105

Ellen Cheikes – Counselor x2127

Thomas Jeron – PS Data Specialist x2134

Darell Johnson – Administrative Assistant x2135

Karen Jones-Williams – Bilingual/Student Assistance Counselor x2132

Kristina Kenny – Counselor x2139

Craig Matthews – Counselor x2137

Susan Mele – Social worker/Student Assistance Counselor x2173

Robert Miller – College & Career Counselor x2108

Michael Norton – Counselor x2181

Maryanne Novello – Administrative Assistant x2332

Naomi Still – Student Support Coordinator x2015

Cherie Streiff – Counselor x2140

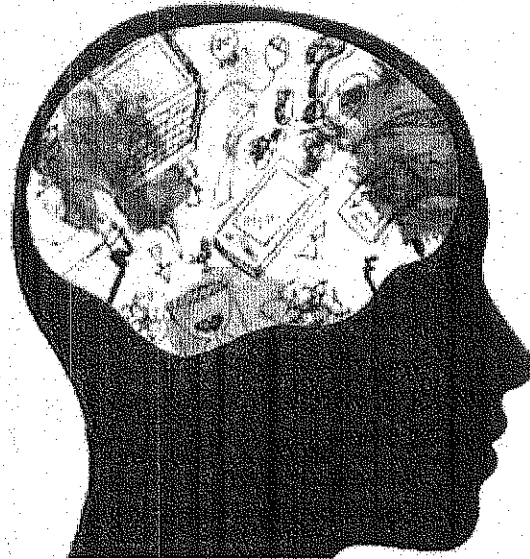
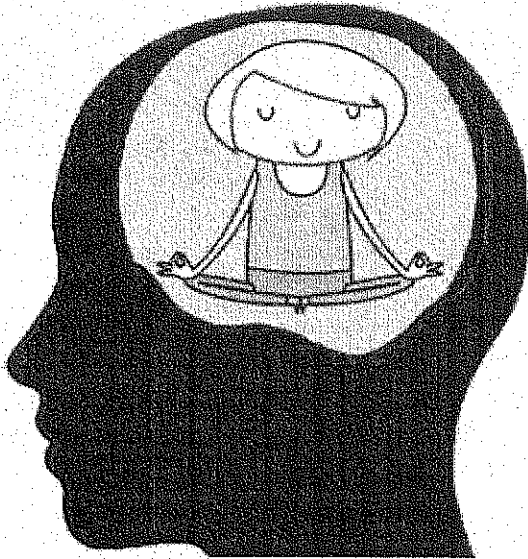
Monica Tate-Melendez – Counselor x2128

Karen Wolf – College & Career Counselor 2257

Mindful

or

MIND FULL



Mindful Meditation Sessions

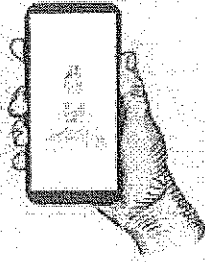
Tuesdays at 2:30 - Rm 217

B Days at Lunch - Rm 217

**Everyday in The Learning Commons -
anytime after 7am**

Email for more information:
john.madden@msdk12.net

MINDFULNESS APPS



- ❖ **Mindful**
- ❖ **Insight Timer**
- ❖ **10% Happier**
- ❖ **Headspace**
- ❖ **Breethe**
- ❖ **Smiling Mind**
- ❖ **Stop, Breathe & Think**
- ❖ **Breathe Kids (great for younger kids)**

**Looking for a quiet place to complete
homework assignments?**

Need help with your homework?

**The MHS Homework Tutorial program
will begin on Tuesday, September 25th!**

**Homework Tutorial is also supported by
members of our National Honors Society
and supervised by Ms. Cepeda and Ms.
D. Spencer.**

**Every Tuesday, Wednesday and
Thursday**

2:20pm to 3:20pm

Room 305

NAVIANCE STUDENT

How to access Naviance:

<https://student.naviance.com/morristownhs> (or)

<http://www.morristownhighschool.org> → Guidance tab → Naviance

Default login info:

You can log in with Clever or

Username = current email address

Password = student ID (unless changed by user)

For 9th & 10th Graders:

(Begin to develop an electronic portfolio)

- Self Knowledge
- Self Exploration
- Information & Research on Colleges
- Reflection
- Explore Interests

Explore Careers
Self Assessments -Strength Explorer-9th,
Do What You Are-10th
Explore Interests- Career Profiler
Résumé
Journal
Enrichment Programs

For 11th Graders:

- Conduct Research on Colleges
- Gather Information
- Compare Colleges
- SAT/ACT college averages
- Review MHS History (Scattergrams)
- Develop College List
- Sign up for College Rep Visits
- Investigate Summer Enrichment Opportunities
- Start Scholarship Search

College Search
College Compare
Prospective Colleges
Mini College Fairs
Career Fairs
Scattergrams
College Rep Visit Schedule
Links
News/Events
Résumé

For 12th Graders:

- Add Colleges to Your List "Thinking About"
- Complete FERPA Waiver and link Common App. Account
- Conduct More Research/Gather Information
- Receive Email Reminders and Updates on Events/Information
- Share/Plan Between Student, Counselor and Parent
- Sign Up for College Rep Visits
- Learn about Scholarships
- Request Teacher Letters of Recommendation
- Complete Senior Brag Sheet/Activity Sheet

Prospective Colleges
Scattergrams
College Rep Visit Schedule
Mini College Fairs
Career Fairs
Scholarships
Senior Brag Sheet
My Colleges
Overlaps

NAVIANCE TABS

“Colleges”

Colleges I’m Thinking About – maintain a working list of schools you are interested in or currently researching; use Scattergrams to loosely determine academic fit based on MHS alumni data

Colleges I’m Applying To (*for seniors*) – Added for you by guidance once you complete pink sheets, keep track of schools for which you have applied to; track mailing of transcripts

Upcoming College Visits – updated schedule of individual college visits to MHS; sign up for the session online then get a pass in Guidance to attend (check frequently for new additions!)

College Search – select specific criteria you want and review the list for possible college choices; save searches for future reference

College Match – based on your list of schools, see where other students are similarly applying – use this to help broaden your list (also available using the “Overlaps” link on College Profile page)

Scholarship List – main database for MHS scholarships; check back frequently for updates; each scholarship has specific instructions for how to apply

“Careers”

Take **Career Interest Profiler*** - learn about which career activities fit your interests

Complete **Cluster Finder*** – helps determine which career clusters might be a good fit based on activities you enjoy, personal qualities, and academic subjects you like

Explore careers & clusters using the detailed online database – save favorite careers

*Assessments take some time to complete

Use **Road Trip Nation** – Watch videos about leaders from different fields

“About Me”

Can complete and submit part of the **Senior Brag Sheet** online

Quick access to your **favorite colleges and careers list**

Access **self-assessment and career assessment tools**

Résumé-builder, journal for college visits, and goal planner

Access to your **account information and standardized test scores**

SAT vs ACT

Many students and parents begin the college prep process by comparing the ACT and SAT. Two of the most common questions they ask are:

- Is the ACT easier than the SAT?
- Do colleges prefer scores from the SAT or ACT?

The SAT and ACT generally test the same types of content. Both ACT and SAT scores are used for college admissions and merit-based scholarships. The biggest differences between the tests are that the ACT has a Science Test, and there's one SAT Math Section for which you cannot use a calculator. Colleges don't prefer one over the other, so explore both tests to decide which one is right for you.

	SAT	ACT
Why Take It	Colleges use SAT scores for admissions and merit-based scholarships.	Colleges use ACT scores for admissions and merit-based scholarships.
Test Structure	<ul style="list-style-type: none"> • Reading • Writing & Language • Math • Essay (Optional) 	<ul style="list-style-type: none"> • English • Math • Reading • Science Reasoning <p>Essay (Optional)</p>
Length	<ul style="list-style-type: none"> • 3 hours (without essay) • 3 hours, 50 minutes (with essay) 	<ul style="list-style-type: none"> • 2 hours, 55 minutes (without essay) • 3 hours, 40 minutes (with essay)
Reading	5 reading passages	4 reading passages
Science	None	1 science section testing your critical thinking skills (not your specific science knowledge)
Math	Covers: <ul style="list-style-type: none"> • Arithmetic • Algebra I & II • Geometry, Trigonometry and Data Analysis 	Covers: <ul style="list-style-type: none"> • Arithmetic • Algebra I & II • Geometry and Trigonometry
Calculator Policy	Some math questions don't allow you to use a calculator.	You can use a calculator on all math questions.
Essays	Optional. The essay will test your	Optional. The essay will test how well you evaluate

comprehension of a source text.

and analyze complex issues.

**How It's
Scored**

Scored on a scale of 400–1600

Scored on a scale of 1–36

ACT versus SAT: How do I choose?

The best way to decide if the SAT or ACT is right for you is to take a timed full-length practice test in each. Since the content and style of the SAT and ACT are very similar, factors like how you handle time pressure and what types of questions you find most challenging can help you determine which test is a better fit. For example, the pace of the SAT gives you a little more time to think through problems, while the ACT can be more of a time crunch. Some students really thrive under the pressure of the clock, while others prefer the extra time to ponder a question.