



Dates to Remember:

April 15th

National Honor Society
Induction Ceremony
MS/HS Auditorium (7:30 PM)

April 17th

3rd quarter grades posted

April 18th—April 26th

Schools closed

May 4th

SAT Exam (not offered at JHS)

May 27th

Schools closed

June 1st

SAT exam (not offered at JHS)

June 4th

Schools closed

June 8th

ACT exam

June 10th

Senior Awards Night
MS/HS Auditorium (7:00 PM)

June 11th

SEPTA Awards Night
MS/HS Auditorium (7:00 PM)

June 18th—June 26th

Regents exams

June 23rd

HS Commencement
Tilles Center at LIU (9:00 AM)

July 3rd

4th quarter grades posted

Senior Checklist

- No college can require you to commit to attending prior to May 1, the National Candidates Reply Date, with the exception of Early Decision or NCAA athletic scholarship programs.
- If you have received financial aid offers, compare them carefully. Determine exactly what your out-of-pocket cost will be to attend each school.
- Attend prospective student events at the colleges to which you were admitted.
- Talk to your family, your counselor and those you trust.
- **You should never submit an enrollment deposit to more than one school. It is an unethical practice that may result in your acceptances being withdrawn by the colleges involved.**
- Once you have decided, notify the colleges that you will not attend and request to have your application enclosed.
- If you have been offered a spot on a college's Wait List, learn what you need to do to be an active member of the Wait List.
- Be sure that you have a place to attend if you are not eventually offered admission off the Wait List.



GROUP GUIDANCE

The counselors will meet with all 10th grade students to explore tools in Naviance to help them plan for their future. To help with career choice, Naviance has developed a career interest profiler and career clusters to provide students with insight about themselves and how their individual preferences and strengths may ultimately affect the career in which they gain the most satisfaction. The counselors will explore the tools available on the Career tab as well as Resume Builder. After finishing the interest profiler students can explore careers and search for career descriptions. Students are encouraged to make an appointment to meet with their counselor as a follow up to this session.

TOP TEN THINGS JUNIORS MUST DO

1. Register/prepare for appropriate exams (SAT, SAT II or ACT).
2. Research colleges utilizing Naviance and the individual college websites.
3. Schedule college visits—Check websites for Open Houses.
4. Attend college fairs.
5. Work on your activity resume. Include everything you have done since 9th grade including in and out of school academic experiences, sports, clubs, work and community service.
6. Complete Student Brag Sheet/Parent Brag Sheet (by June).
7. Think of teacher(s) for letter of recommendation.
8. Examine rigor of senior year program—Challenge yourself and demonstrate to the college admissions that you have what it takes to succeed at their university.
9. Create Common Application account before end of junior year. The Common App will “rollover” and save data from the 2018-19 application to the 2019-20 version. Therefore, juniors can actually start their Common Application now.
10. Ask questions and meet with your counselor throughout the process!



High School 101 Program Returns to the Middle School at the end of May, 2019

How do I find out my locker combination? When do clubs meet at the high school? What happens if I get lost on the first day of school? Is there Freshmen Friday? These are questions that many of our rising 9th graders are thinking about as they finish their 8th grade studies this year.

Each year, ninth grade students present in middle school classrooms, speaking about the transition from eighth grade to ninth grade and talking about the differences between the middle school and high school. The overriding goal of this comprehensive program is to allay student anxieties, to help inform 8th graders about the wide variety of opportunities available at Jericho High School and to connect transitioning students with 9th graders who have a wealth of important information about academic preparation, electives, extra help, Orientation, and extracurricular activities. There will be a meeting with 9th grade students (our Student Mentors) in advance to talk about the program in depth and to answer any questions that students may have. High School Counselors will be in every classroom to provide additional insight into the ninth grade experience and to facilitate the Transition Program. We look forward to another successful HS 101 Program this year!

Attention: 9th & 10th grade students:

UTILIZE YOUR TIME IN THE SUMMER WISELY!

There are a wide variety of opportunities available to students in grades 9 and 10. Most importantly, we encourage you to get involved with activities that are aligned with your interests so that colleges and universities can see that you are exploring your passions outside the traditional classroom environment. Learning your likes and dislikes is an important part of the self-exploration process. It may also be a time to try out an activity that you never imagined undertaking. It is essential to renew and refresh before the new school year as well, so be certain to make time for **relaxing activities**. Below please find some ideas that may be of interest to you this summer:



In addition to formalized summer programs, here are some suggestions:

- Attend or take on a counselor-in-training (C.I.T.) position at a local or sleepaway camp. Aside from creating memories that will last a lifetime, you will be responsible for the care and supervision of children.
- Take on a summer job in the community. Whether you work at a retail store, restaurant, or office, you will gain invaluable experience and develop a genuine sense of responsibility. Please note that you will first need to obtain a working permit from the Counseling Center.
- Enroll in a college-based academic summer program. You will potentially be able to earn college. To explore summer programs, click on the links below:

[College Programs](#) and [College Programs by Major](#)

- Demonstrate your altruistic side by engaging in community service activities. Some examples include volunteering at a hospital, nursing home, museum, or childcare center. Specific opportunities are listed on the Counseling Center website.
- Think outside the box and pursue your interests with passion. Some of the most successful college applicants have demonstrated creativity while taking on significant responsibility and leadership. Some examples include creating a small business/organization, conducting research, and organizing a fundraiser or other local initiative. The sky's the limit!
- Pursue an internship within a field of interest. In ninth and tenth grade, these opportunities are most commonly available through formalized programs. Please check with your counselor for more information.
- Take a free online course. On websites such as Coursera and edX, you may immerse yourself in an area of interest while learning from experts in their fields.
- Some students opt to begin preparation for standardized testing depending upon their individual circumstances and level of readiness.
- Find time to pick up a book and read, whether it is a newspaper, magazine, novel, or other publication.
- **Kick back and relax. Spend time with friends and family doing what you love most.**

The Latest from the Middle School

Our 6th, 7th and 8th grade students all completed a series of Naviance group activities which included Learning Styles Inventories, Career Cluster Finder and Career Interest Inventory. All of these activities helped students to identify their interests, skills and strengths in an effort to guide them as they move forward to the high school. If you have any questions please contact your child's school counselor.



On Tuesday, April 1st at the PTSA meeting, the Social Worker, Mr. Velez and the counselors participated in a panel discussion, *How to Navigate Your Children Through the Middle School Years*. The parents had the opportunity to ask questions, share concerns or simply talk about their personal experiences.

Our 8th annual Cupcake War took place in February, with our theme being, "What We Love." The Middle School raised over \$1000 which will be distributed to various organizations.

In May, the incoming 6th grade students will visit the middle school. They will have the opportunity to experience, *"A Day in the Life of a Middle School Student."*

Ten Ways to Help Your Child Become Self-Reliant

All parents want to aid and protect their children. The best thing we can do for kids, though, is teach them how to help themselves. Read on for ways to help your child develop into a successful adult.

1. Encourage Public Speaking

Taking a speech class or joining the debate team can serve a number of purposes for teens. Developing the ability to stand up in front of a group and make themselves heard is key to boosting kids' self-esteem as well as their communication skills. Learning the appropriate way to speak to a variety of audiences is also important, as high school students need to know how to address peers, teachers, and employers.

2. Practice Negotiation

High school students are looking for more freedom and independence. Rather than setting all the house rules, have a family planning session for rule setting. By involving kids in determining regulations, parents teach them the invaluable skills of fair compromise and negotiation with authority figures.

3. Model Time Management and Organizational Skills

Children learn from what they see. If parents are late and disorganized, their kids generally follow suit. Post a calendar that highlights individual and group appointments and plans. Use a weekly planner, and make to-do lists. In short, model being organized for your child.

4. Teach Self-Sufficiency

The more kids do for themselves, the more confident they'll be when it comes to handling themselves in new situations. Show teens how to do laundry. Make them responsible for a family meal each week. Ultimately, this will make them more independent.

Ten Ways to Help Your Child Become Self-Reliant *(continued)*

5. Encourage Independence at School

Teens need to take responsibility for their academic careers. They should be keeping track of assignments and due dates, communicating independently with counselors and teachers, and participating in the extracurricular activities of their choice. Clearly, parental advice is appropriate at times. However, teens appreciate room to succeed, or to make mistakes, on their own.

6. Listen With an Open Mind

Of course, kids sometimes disagree with their parents. Those who fear disapproval or punishment often hide the truth or avoid discussing important topics. Teens who are confident that they can talk to their parents without a major blow-up are more likely to be forthcoming. In the end, young people who feel good about expressing themselves at home will be more prepared to express themselves in difficult situations.

7. Provide Structure

Although they may bemoan the regulations of life, teens actually function better when rules are in place. Authoritative parents who require adherence to an agreed-upon set of rules, but who also encourage communication and independence, produce happy and successful kids.

8. Remember That Every Story Has Two Sides

When our kids come home with tales of woe, we need to keep in mind that we are hearing only one perspective. Before forming an opinion, get all the facts. Did the teacher really give only one day's notice for a 10 page essay? Did the coach actually keep your child out of the game for no reason? When teens are frustrated or hurting, they may embellish the truth. Parents who know the facts can effectively help their children learn to respond to disappointing or difficult life scenarios.

9. Teach Self-Respect

When people feel good about themselves, they are able to stand up for themselves, and teenagers are no exception. Focus on helping your child develop good decision-making skills and solid self-esteem. Praise a job well done, and emphasize positive character traits. A confident child will not be afraid to speak up.

10. Teach Logical Conflict Resolution

Students deal with many problems in the social and academic arenas. At a time in life when emotions run high, teens need some help figuring out how to resolve everyday dilemmas. Parents are a great resource for finding alternatives in problematic situations. Encourage and model thinking calmly and critically, so your kids learn to pick the solution that makes the most sense. Part of being a good parent is knowing when to step in and when to give kids some space. Remember that successful people advocate for themselves. So step back when the time is right, and let your child step up.

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APPLYING FOR SCHOLARSHIPS IS ANOTHER WAY TO HELP PAY FOR YOUR COLLEGE EDUCATION. CLICK ON THE LINKS BELOW TO LEARN MORE:

[Youth Free Expression Scholarship - April 15, 2019 \(3 Awards - \\$1,000\)](#)

[STUDENT-VIEW SCHOLARSHIP PROGRAM: Deadline 4/22/2019](#)

[COLLEGE SCHOLARSHIP FROM IVLA: Deadline 4/30/2019](#)

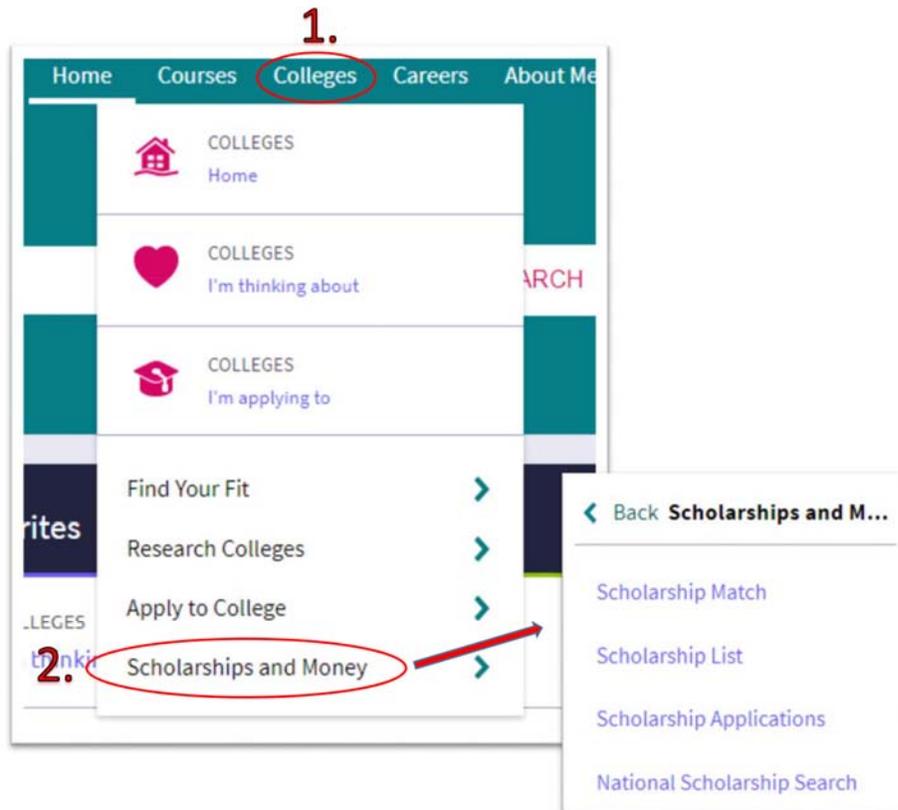
[Shawn Carter Scholarship - April 30, 2019 \(10 Awards - \\$2,500\)](#)

[IWSH Essay Scholarship Contest - April 30, 2019 \(3 Awards - \\$1,000\)](#)

[SP Scholarship - April 30, 2019 \(10 Awards - \\$10,000\)](#)

[Rover Scholarship - May 1, 2019 \(1 Award - \\$2,500\)](#)

Log in to your Naviance account to conduct a scholarship search. **1.** Click on the tab for **Colleges**, **2.** Click on the link for **Scholarships and Money**.



Advanced Placement Exam Schedule

May 2019

Week One		
	Morning 7:25 a.m.	Afternoon 11:25 a.m.
Monday, May 6	US Government and Politics	Chinese Language Environmental Science
Tuesday, May 7	Seminar Spanish Language	Physics I
Wednesday, May 8	English Literature	European History French Language
Thursday, May 9	Chemistry	Psychology
Friday, May 10	United States History	Computer Science Principles Studio Art
Week Two		
Monday, May 13	Biology	Physics C
Tuesday, May 14	Calculus AB Calculus BC	
Wednesday, May 15	English Language	Macroeconomics Italian Language
Thursday, May 16		Statistics
Friday, May 17	Microeconomics Music Theory	Computer Science A



AP Exam Prep Online Resources

College Board Practice AP Questions and full length exams for all subjects.

Khan Academy has partnered with College Board to provide tutorial support for most of the AP Exams. Students should take advantage of this free virtual support program!