



WINTER/SPRING 2023

GUIDANCE NEWSLETTER

# COUNTY PREP HIGH SCHOOL (CP) ACADEMY OF TECHNOLOGY & DESIGN (ATD)

## WHAT'S HAPPENING

We are about halfway through the academic year. Parents are encouraged to monitor their child's academic progress through the PowerSchool portal.

The 3rd marking period started on January 30, 2023.

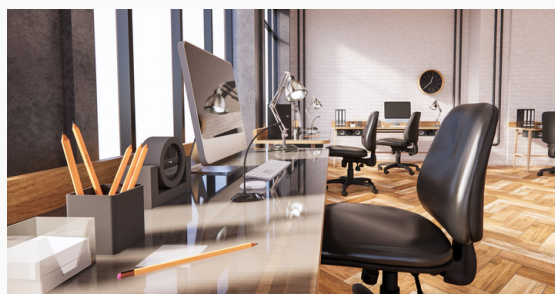
Mid-marking period progress reports are expected to be out on March 2nd, and the quarter ends around April 6th.

The 4th MP will run from approximately April 17-June 21st.



In addition, you are strongly encouraged to communicate with your child's teachers and counselors via email and phone.

The Guidance and Child Study Team departments at County Prep High School have been working diligently to facilitate academic success and a healthy social-emotional learning experience for all students. With this said, counselors, case managers, and support staff have been working collaboratively to implement several best practices to serve our students and families.



## 2023-2024 COURSE SELECTION

Course selection will begin in the near future. Counselors will communicate with students via email during this beginning stage of scheduling and meet with all students during class periods. Please note: course selection is not scheduling, it is simply one step in the scheduling process. Students should check college and post-secondary institutions to make sure they register for any courses that may be required.

### SUMMER SCHOOL 2023

Any student who does not earn credit in a course is advised to attend summer school. Graduation may be in jeopardy if graduation requirements are not earned. Summer school is provided through your home school district or HCST's E-School. Information is also available in the Guidance Office. Please remember that summer school typically starts the Monday after school closes (each school district is different) and registration usually takes place the week prior. \*\*\*\*\*A guidance counselor or school administrator must pre-approve all summer school and enrichment courses prior to registration.

### FEE WAIVERS FOR SAT & ACT

All juniors who receive Free/Reduced lunch qualify for test fee waivers for the SAT and ACT examinations. Please see or email your counselor for a waiver code.

### CEEB CODES

CEEB codes are needed when registering for the SAT or ACT  
CP: 310603  
ATD: 310616

### CHANGES TO YOUR CONTACT INFO

If any of your contact information has changed, please contact Mrs. Salgado at [rsalgado@hcstonline.org](mailto:rsalgado@hcstonline.org)

<http://cphs.hcstonline.org/about/guidance/>



WINTER/SPRING 2023

GUIDANCE NEWSLETTER

# SENIORS

## CLASS OF 2023

### Mid-Year Grades:

Counselors sent mid-year grades with updated GPAs to colleges via Naviance.

### Acceptance Decision Deadlines:

Seniors are encouraged to research the policy on accepting an admissions offer from the school they have chosen to attend.

Families should be prepared to place the deposit on the admissions offer directly to that school. Once this is completed, please email your counselor with your final decision.

Students do need to notify colleges by **May 1, 2023**, of their decision to accept or decline the admissions offer.

### Comparing Financial Aid Award Letters

As you're receiving your acceptances, make sure you thoroughly review your financial aid award packages. [Here is an online tool](#) to help you compare how much you'll pay at each college.

### Acceptance Status and Final Transcripts

Please update your college admissions status on [Naviance](#). Simply, go under "Colleges I am Applying to." Click on the EDIT button of the school to which you applied and update your status. Click on the RESULTS dropdown, and select the answer that best applies. This step must be done in order for counselors to send out your final transcript in June. Remember to click SAVE.

### Early Decision

If a student has been accepted to a college through Early Decision, the student **MUST** withdraw all other applications immediately. Failure to do so can jeopardize the offer of admission to that college.

### NCAA

Students who plan on playing sports in college should be registered on the NCAA website. Click here to create an account.

Your Counselor will make sure your transcript is sent to your college through the portal.

**FAFSA**  
[LINK TO COMPLETE THE APPLICATION](#)

### SCHOLARSHIPS

**CSS PROFILE**  
[LINK TO CSS APPLICATION](#)

Please make sure you have completed the 2023-2024 Free Application for Federal Student Aid. All students, regardless of whether they believe they will qualify, are encouraged to complete the application. You will need your 2021 Tax Returns to complete the form online.

If your financial situation has changed, please contact the college's Financial aid office to notify them of changes in your income since 2021.

A complete list of scholarship search engines is available on your Naviance home page. Here are a few to look at:

- [1. Bold.org](#)
- [2. Fastweb](#)
- [3. Collegeboard](#)
- [4. Scholarships.com](#)
- [5. Peterson's](#)
- [6. Scholly](#)
- [7. Scholarship Owl](#)
- [8. Unigo](#)
- [9. Niche](#)
- [10. CollegeScholarships.org](#)

Some private colleges and universities require the CSS profile, a very detailed financial aid application. Check to see if your college requires it by using the link above. This application costs money so make sure your college requires it!



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# JUNIORS

## CLASS OF 2024

### College/Post-Secondary Planning

Counselors will be utilizing Naviance with students to assist with college and career searches. Students have also been given access to Naviance videos which help students in the initial stages of post-secondary planning. Students are invited to workshop with counselors after school on the following dates: March 21, 22, 23, 28, 29, 30, and April 4th in the ITV room.

### College Advising Resources

Many of these national organizations provide free coaching and support through the college discovery and application process. Consider applying to one today.

- [Matriculate](#)
- [College Point](#)
- [ScholarMatch](#)
- [Bottom Line](#)
- [College Possible](#)
- [College Greenlight](#)

### SAT/ACT PREP

All colleges accept the SAT or ACT and no preference is given.

The College Board has partnered with Khan Academy to provide free SAT Practice. Please visit [www.satpractice.org](http://www.satpractice.org).

Learn [how to link your College Board Account](#) with Khan Academy for personalized prep questions!

You may also want to consider an SAT Prep course through the community like the class offered through HCCC. [See the link here](#) or

Saint Peter's University. [See link here](#)

A complete list of scholarship search engines is available on your Naviance home page. Here are a few to look at:

1. Bold.org
2. Fastweb
3. Collegeboard
4. Scholarships.com
5. Peterson's
6. Scholly
7. Scholarship Owl
8. Unigo
9. Niche
10. CollegeScholarships.org

### SCHOLARSHIPS

### GPA

Please continue to work hard. Your Junior year cumulative GPA is extremely important when applying to college/trade schools. It is the GPA that is on your transcript when it's sent out in the fall.

Your cumulative GPA gets calculated in June, after final junior grades are posted, and again mid-senior year when the 2nd marking period ends (around February).

### Summer 2023 plans

Juniors should consider joining a summer program, securing an internship, research opportunity, or part-time job. See the Junior Google Classroom for Resources.

### College Fair at CP

County Prep's annual college fair will be held on Wednesday, April 6th after school. Updates will be sent via email & parents/guardians are invited to attend!

### Junior Google Classroom

All juniors and parents/guardians are encouraged to join the Google Classroom for the class of 2024 to receive important information, updates, scholarship opportunities, and resources for their post/secondary planning.

Click [Here for the invite link](#) The Class Code is: n562a30



WINTER/SPRING 2023

GUIDANCE NEWSLETTER

# SOPHOMORES & FRESHMEN

## CLASS OF 2025 & CLASS OF 2026

### Summer 2023 Plans

Now is the time to build your resume and activity sheet. Students should start thinking about gaining experience in one of the following ways. Consider joining a summer program, securing an internship, research opportunity, or part-time job. Here are some links to help you in your search:

Free & [Affordable Pre-College Programs](#)

[Volunteer Opportunities](#)

Read: [Getting Started with ExtraCurriculars](#)

### WHAT YOU CAN DO NOW

READ, READ. READ - the more you read, the more you widen your viewpoint of the world, learn about yourself, and what you want to do. It's a journey!

TALK- Speak with trusted adults about their career paths. Get to know how they landed a job, or what they enjoy about what they do. What are their challenges? Where is their field headed?

Find something you enjoy. Try new things, join a club, volunteer, or ask to shadow at a work site. Get to know what you like doing, and what you find purposeful!

### SCHOLARSHIPS

Students can apply to scholarships any time. No need to wait till senior year. Here are some search engines to get you started:

1. Bold.org
2. Fastweb
3. Collegeboard
4. Scholarships.com
5. Peterson's
6. Scholly
7. Scholarship Owl
8. Unigo
9. Niche
10. CollegeScholarships.org

### 2023-2024 COURSE SELECTION

Counselors will be meeting with all students during class period to review course registration for the upcoming school year and review graduation requirements.

Rising sophomores will be taking their 2nd year of ELA, Math, Science, Social Studies, CTE, and PE/Health.

Rising Juniors will be taking their 3rd year of ELA, Math, Science, Social Studies, CTE, and most will have room for 1 elective. A list of electives will be made available shortly.

### Standardized Test Prep

It's never too early to start preparing for the SAT or ACT. Link your College Board Account with Khan Academy to get free personalized help based on your PSAT scores.

Create accounts on

[CollegeBoard](#)  
&  
[Khan Academy](#)

ACT or SAT- Which one is right for you?

### LINKS TO GOOD READS

[Volunteering: How Helping Others Helps You](#)

[Exploring Careers](#)

[Important Steps in Career Exploration](#)

[Learning What You Love in High School](#)

[5 Ways to Find Career Ideas](#)

[Choosing the Right College Fit](#)

# Counseling Staff



<b>Maria Carroll Secretary</b>	<b>mcarroll@hcstonline.org</b>	<b>201-631-6324</b>
<b>Tim Brennan Counselor</b>	<b>tbrennan@hcstonline.org</b>	<b>201-631-6329</b>
<b>Jenn Constantine Counselor</b>	<b>jconstantine@hcstonline.org</b>	<b>201-631-6326</b>
<b>Nermeen Hanna-Avegno Counselor</b>	<b>nhanna-avegno@hcstonline.org</b>	<b>201-662-6822</b>
<b>Lori Mercer Counselor</b>	<b>lmercerc@hcstonline.org</b>	<b>201-631-6328</b>
<b>Caroline Ulivella Counselor</b>	<b>culivell@hcstonline.org</b>	<b>201-631-6300 x8468</b>
<b>Patricia Villarruel Counselor</b>	<b>pvillarr@hcstonline.org</b>	<b>201-631-6327</b>

## Transition Specialist



<b>Denise Galluccio</b>	<b>dgalluccio@hcstonline.org</b>	<b>201-631-6323</b>
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# Child Study Team



<b>Ann Gherardi</b>	<b>Director of Special Education</b>	<b>201-631-6316</b>	<b>agherard@hcstonline.org</b>
<b>Yvette Thomas</b>	<b>Executive Secretary</b>	<b>201-631-6377</b>	<b>ythomas@hcstonline.org</b>
<b>Raquel Salgado</b>	<b>Clerk</b>	<b>201-631-6318</b>	<b>rsalgado2@hcstonline.org</b>
<b>Victoria Avella</b>	<b>Intern</b>	<b>201-631-6318</b>	<b>vavella@hcstonline.org</b>
<b>Stephen Finn</b>	<b>Social Worker/Case Manager</b>	<b>201-631-6315</b>	<b>sfinn@hcstonline.org</b>
<b>Sharon O'Reilly</b>	<b>Social Worker/Case Manager</b>	<b>201-631-6320</b>	<b>soreilly@hcstonline.org</b>
<b>Eileen Scibetta</b>	<b>LDTC/Case Manager</b>	<b>201-631-6313</b>	<b>escibetta@hcstonline.org</b>
<b>Marisol Lopez</b>	<b>School Psychologist &amp; Case Manager (Bilingual Spanish)</b>	<b>201-631-6331</b>	<b>mlopez3@hcstonline.org</b>
<b>Erika Zucconi</b>	<b>Social Worker/Case Manager</b>	<b>201-631-6336 (Mondays &amp; Tuesdays)</b>	<b>ezucconi@hcstonline.org</b>
<b>Maria DeMarzo</b>	<b>School Psychologist &amp; Case Manager (Fridays)</b>	<b>201-631-6336 (Fridays)</b>	<b>mdemarzo@hcstonline.org</b>
<b>Maria Mullahey</b>	<b>LDTC/Case Manager (Wednesdays &amp; Thursdays)</b>	<b>201-631-6336 (Wednesdays &amp; Thursdays)</b>	<b>mmullahey@hcstonline.org</b>
<b>Brianne Micele</b>	<b>Social Worker</b>	<b>201-631-6316 (Mondays and Fridays)</b>	<b>bmicele@hcstonline.org</b>

# Parent/Guardian Information Sessions

Please note that all dates are **tentative**. An email with a link to RSVP via Google Forms will be emailed to you. Meetings will be held at County Prep High School, and start at 6:30 pm (unless otherwise noted) and run for about an hour to an hour and a half.

<b>Date</b>	<b>Topic</b>	<b>Speaker</b>
<b>Thurs- March 2nd 6-8pm</b>	<b>SEPAC Meeting</b>	<b>Ann Gherardi</b> Director of Special Education at HCST
<b>Mon- March 6, 2023</b>	<b>American Foundation for Suicide Prevention</b>	<b>Ramona Phillips</b>
<b>Tues- March 7, 2023</b>	<b>Drug Use &amp; Adolescents</b>	<b>DEA</b>
<b>Thurs- March 9th Thurs- March 23rd Thurs- March 30th</b>	<b>11th Grade College/Post Secondary Planning &amp; Course Selection</b>	<b>County Prep Counselors &amp; CST members</b>
<b>Wed- April 5th 3-5pm</b>	<b>College &amp; Career Fair</b>	<b>Various Admissions Representatives</b>
<b>Tues- April 18th Thurs- April 20th Mon- April 24th Wed- April 26th</b>	<b>Parent/Guardian Naviance</b>	<b>County Prep Counselors &amp; CST members</b>
<b>Wed- April 19th</b>	<b>YTTW Career Fair</b>	<b>Admissions Representatives</b>
<b>Thurs- May 4th</b>	<b>HCCC Early College Program</b>	<b>Chris Conzen</b> Executive Director, Secaucus Center and Early College Programs
<b>Tues, May 9th</b>	<b>The College Admissions Panel</b>	<b>Admissions Representatives</b>
<b>TBD</b>	<b>Transition to College</b>	<b>Admissions Representatives</b>
<b>TBA</b>	<b>Domestic Violence</b>	<b>Margaret Abrams</b> DVRT Coordinator WomenRising, Inc.

# Community Resources

## Good Grief

Good Grief specializes in grief counseling for children and families. Please visit their website for additional information and resources. <https://good-grief.org/>

## Perform Care

PerformCare provides youths and their families with the services, resources, tools, and support they need to optimally participate in treatment within their homes, schools, and community settings. PerformCare provides the avenue for families to request clinically appropriate, needs-based services with a single phone call any time of the day or night. <https://www.performcarenj.org/>

## Mobile Crisis

24-hour mobile response service available to children and families in Hudson County in need of emergency psychiatric evaluation. 1-866-367-6023  
Website: <https://www.rwjbh.org/jersey-city-medical-center/>

## Hope Hub

1825 JOHN F. KENNEDY BLVD, JERSEY CITY, NJ 07305.  
MONDAY-FRIDAY (10AM-6 PM). Call (201)915-2210

## American Foundation for Suicide Prevention

If you or someone you know is thinking about suicide, call or text 988 or text TALK to 741741

**Text or Dial 988- for any Mental Health Emergency**

## Additional Resources

Please visit our website or click on the links below for an additional list of resources:  
<https://sites.google.com/hcstonline.org/counseling-services/resources>

[Abuse/Domestic Violence](#)

[Counseling Referrals](#)

[Crisis](#)

[Disabilities](#)

[Eating Disorders/Body Image](#)

[Grief/Bereavement](#)

[Mental Health](#)

[Parenting Resources](#)

[Physical Health](#)

[Self Harm](#)

[Sexual Health](#)

[Sexual Orientation/Gender Identity](#)

[Substance Abuse](#)

[Suicide](#)