



COLLEGE & CAREER BULLETIN

December 16, 2021

CLASS UPDATES:

Seniors

- Please let your counselor know when you hear back from colleges! We want to be there to support you and celebrate with you through this process. Students should also update their decisions in Naviance.

- If you receive disappointing news, remember this: *"...if you feel stuck, fixated on daydreaming about how great life will be at this one college if you could just get admitted... rethink that perspective. Don't give any one school that kind of weight—put that power back in yourself. You'll explore new opportunities, invest in your own personal development, challenge yourself, and create new relationships in the coming years. That's not dependent on one college—that's all you."* Check out these other resources for more advice:

[Even Directors of Admission Get Rejected](#), by Tulane University

[Handling Admission Decisions — A Coach's Guide](#), by Georgia Tech

[How to Reduce Admission Anxiety](#), by Tulane University

[How to Write a Great Letter of Continued Interest](#), by the College Essay Guy

[Waiting Well in Uncertainty](#), by Georgia Tech

[What Does Being Deferred Mean?](#), by Georgia Tech

- **If you are admitted Early Decision (binding), you must withdraw your applications from all other colleges.** This can be done by emailing the Admission Office. Do not forget to complete this step!

Juniors

- The college process will officially begin for 11th graders with the Junior College Kickoff on January 5! We look forward to working with you through the college process.



UPCOMING MLHS EVENTS:

December 22: Alumni Panel. We are lucky to have recent graduates join us to speak about the college application process and transition to college. Juniors will attend the annual Alumni Panel during block 2; Seniors will attend during block 3.

January 5: Junior College Kickoff! This event will be held at 7pm and "kicks off" the college process for 11th grade students. All Junior families are encouraged to attend this program. The Counseling Department will discuss the process and procedure for applying to college, and will share important steps to be completed in the second semester of Junior year. A Zoom link will be shared shortly.

January 10: Counselors will begin holding *Junior College Planning Meetings* following our Junior Kickoff. You may begin scheduling these meetings on January 6, by emailing your School Counselor. As an additional resource, you can schedule an appointment with our College & Career Counselor, Mrs. Nicholson, after your initial college-planning meeting.

January 26: *Instant Decision Day with County College of Morris*. Students will meet with an Admissions Counselor to discuss the admissions process, your program of study, and placement testing. For instructions and registration, email Mrs. Nicholson by January 14. This event will be hosted at MLHS; registered students will be excused from class during their time slot.



February 5: Practice ACT exam at 9am (VIRTUAL), hosted by the Princeton Review. Your results are available immediately upon completion of the exam. Learn more and register [HERE](#).

February 12: Practice SAT exam at 9am (VIRTUAL), hosted by the Princeton Review. Your results are available immediately upon completion of the exam. Learn more and register [HERE](#).

NOTE: you are unable to take the test on the scheduled date/time, you can take the test at ANY time that is convenient for you by logging into your Princeton Review account and clicking "Launch Practice Test."

** Please note that the practice SAT and ACT exams are FREE events (no commitment required) hosted through the Princeton Review. The offering of these tests is not an endorsement or support of their services. We want to extend every opportunity for our students to explore and practice these tests, so we take advantage of these offerings.*

Missed any events? Check out our Guidance YouTube page [HERE](#).

OTHER RESOURCES:

[9 Scholarship Myths That Stop Students From Getting Aid](#), by Forbes

[College admission applications spike as January deadline nears](#), by CNBC

[Family and the College Search Process](#), by the University of Miami

[Handling College Admission Decisions: A Sidecar Parent's Guide](#), by Forbes



Key Quote: *"As early acceptances and rejections begin to arrive, we need to be keenly aware of the dangerous message that there is one path to success, that these decisions—made by an institution that doesn't even know your child—define a teen's future... How will you let your teen know that you understand the disappointment, but how will you also model for them the ability to tolerate big emotions, recover (over time) from disappointment and rejection, and make adjustments as they grow? ...these are huge life skills and it's our job to teach them."*

[How do you write a great admissions essay? We asked Duke, UNC, NC State for tips](#), by the News & Observer

[How to successfully request a gap year deferral](#), by La Morinda Weekly

[Navigating college admissions during COVID-19 can be daunting for parents. Stay optimistic with these helpful tips](#), by the Tennessean

[Parents, get ready for college admissions season](#). This article is from last year, but remains great advice for parents. It is written by a former Admission Counselor at Yale.

[NCAA Recruiting: How Do I Get an Official Visit Offer?](#), by SwimSwam

[Rethinking College Admissions: Essay Advice From The Inside](#), by M-A Chronicle

TESTING:

SAT/ACT Registration: We encourage families to sign up well in advance of the registration deadlines, as seats fill quickly.

[SAT Registration](#)

[ACT Registration](#)

Free test prep resources:

[Official SAT Practice Tests - College Board](#)

[SAT Practice Tests - Khan Academy](#)

[ACT Practice Test](#)

[Online Tools That Can Support ACT, SAT Prep](#)

* Three quarters of U.S. colleges and universities have now announced ACT/SAT-optional or test-blind/score-free admissions policies for [current high school seniors](#). Already more than half of all four-year schools have stated that they will not require ACT/SAT scores for fall [2023 \(current juniors\)](#). See [FairTest.org](#) for more information.

* **Newly test-optional:** [University of Wisconsin-Madison: ACT/SAT Test Optional Extended to Spring 2025](#)



FINANCIAL AID:

* Please be aware of your college's financial aid and scholarship deadlines. These deadlines are typically not flexible - you may miss out on potential aid if you do not submit these documents in time.

* The [Free Application for Federal Student Aid](#) (FAFSA) opened on October 1. This form must be completed if you are applying for need-based financial aid. Click [HERE](#) for resources on preparing for, completing, and submitting the FAFSA.

* Check to see if your colleges also require the [CSS Profile](#) (review their financial aid website). Use this [guide](#) for help on completing the CSS Profile.

* *Quinnipiac University* is hosting a Virtual Hands-on FAFSA Completion event on January 4! During this event, families can complete their FAFSA while receiving tips from our financial aid experts. Register [here](#).



SCHOLARSHIPS & FEE WAIVERS:

200 Club of Morris County: Our scholarship program is limited to high school seniors who serve as Emergency Medical Technicians (EMTs) or Firefighters in Morris County, or whose parent/guardian is actively serving in or retired from the following agencies: Morris County police departments, Morris County fire departments, Morris County first aid squads, New Jersey State Police serving Morris County, Federal Law Enforcement serving Morris County. Scholarships will be awarded on a one-time basis for the 2022-2023 academic year. Award criteria includes academic performance, community service, extracurricular activities and financial need. [Apply by](#) February 15.



DAR National Scholarships: offers a wide array of scholarships for graduating high school students, college undergraduates, and graduate students. Awards are available for those planning to major in History, Nursing, English, Math, and more! [Applications](#) are due by January 31.

Diller Teen Tikkun Olam Awards: this scholarship is awarded to fifteen Jewish U.S. teens for exceptional leadership and engagement in initiatives making the world a better place. [Apply by](#) January 7.

Foundation 649 Scholarship: for graduating Asian American high schoolers (5 awards of \$4,000 spread over 4 years). The application consists of a questionnaire and a short essay. Creativity is welcome - alternate media will also be accepted in place of the essay if the applicant choose. Applicants should have a track record of involvement and interest in AAPI communities, issues, or causes and have demonstrated financial need for the scholarship. [Apply](#) by March 1.

Jacob Pierri Memorial Scholarship: The fund was established to honor the memory of our son, Jacob Pierri, and to commemorate and support the causes to which he was committed to and excelled at. Eligible students must plan to attend a four year college or university and major in Culinary Arts, Hospitality or Mathematics; additionally, you must have a GPA of 3.5+ and have worked and/or participated in community service. [Apply by](#) March 31.

MENSA Scholarship: Applicants have until Jan. 15 to write an essay of not more than 550 words explaining their career, academic and/or vocational goals and how they plan to achieve those goals. Learn more [here](#).

P.L.A.Y. Scholars Helping Collars Scholarship: this \$1,500 scholarship rewards one student who can tell the best story, describing the impact he or she made in the life of a rescue animal or animal welfare cause in general. [Apply by](#) February 28.

Terry Crews Creative Courage Scholarship: One artist will receive \$20,000 to use toward their artistic development and education. To apply, submit a link to an original art piece you've created. Whether your passion is painting, photography, drawing, music, sculpture, or any other art form, share a piece that you are proud of and that demonstrates your artistic vision. Please also share a brief statement about your vision, the life experiences that have molded it, and your artistic dreams for the future. [Apply by](#) January 12.

Tzu Chi Scholars: selected on the basis of financial need, academic achievement, and community involvement. Each scholar will be awarded \$1,000. All graduating seniors are encouraged to apply. [Apply by](#) March 12.

Nomination Scholarships:

Norwich University High School Service Award: Strong candidates have conducted significant service to their school or their community. Interested students should email a brief statement about why they are interested in the nomination to Mrs. Nicholson. Please also include a resume or list of your service work.

SCAD Distinguished Scholars Award: Strong candidates have the following: GPA of 3.75; stellar visual arts, performing arts, writing, business or equestrian capabilities; honors and awards from competitions, or other recognitions; leadership skills demonstrated through co-curricular or extracurricular involvement. Interested students should email a brief statement about why they are interested in the nomination to Mrs. Nicholson.



Previously Shared & Still Accepting Applications: (see past Bulletins for descriptions)

Burger King Scholars: [Apply by](#) Dec. 15.

C-SPAN StudentCam: Apply by January 20. Learn more [here](#).

DAR Betty Bradbury Vail Scholarship: due by December 20. Contact Mrs. Nicholson for a copy of the application.

Equitable Excellence Scholarship: [Apply](#) by December 17.

Foot Locker Scholarship: [Apply by](#) December 17.

GE-Reagan Foundation Scholarship Program: [Apply by](#) January 6.

George S. & Stella M. Knight Essay Contest: [Apply by](#) Dec. 31.

Home Depot Path to Pro Scholarship: [Apply by](#) December 31.

Profile in Courage Essay Contest: Apply [HERE](#). Deadline: January 14.

Washington Crossing Foundation Scholarship: [Apply by](#) January 15.

FEE WAIVERS:

NJIT: use code NJ22

Savannah College of Art and Design: use code EDU2122

Seton Hall University: use code XFW



SUMMER PROGRAMS & OTHER OPPORTUNITIES:

A list of summer programs is continually updated [HERE](#).

Case Western Reserve Pre-College Program: designed for high school students ages 13 and up. Each course features video lessons by Case Western Reserve instructors and access to mentors. Courses are offered in Engineering, Neuroscience, Computer Science, and more. Learn more [here](#).

Landmark College Summer Programs: assist a wide range of students with learning differences, including high school students, graduating high school seniors, and students enrolled at colleges around the country. All of the programs are designed to enable students to identify their learning strengths and differences. Learn more [here](#).

New Jersey Institute of Technology: Academy College Courses are designed for high-achieving students who want to get a jump start on their college careers. Participants earn college credits in small, customized classes taught by first-rate faculty. Classes meet on the NJIT campus on Saturdays, January 22- May 8. [Apply by](#) January 3.

Parsons Paris: has created online courses for students 13 and up to introduce you to this vibrant field. Taught by experts in Paris fashion through video lectures, courses cover everything from business, history, and trends to actual design methods and potential careers. Learn more [here](#).



Stanford Pre-Collegiate Studies: Our programs feature a wide variety of disciplines—including business, computer science, humanities, math, science, social justice, and more—allowing students to investigate advanced topics beyond the typical high school curriculum. Students engage in discussion-based online classes with instructors who are scholars in their fields and passionate about teaching. Learn more [here](#).

Wisconsin's Badger Summer Scholars & Accelerated Learning Program: Badger Summer Scholars is a two-week program in which students attend a college-level seminar in a topic of their choice, taught by UW-Madison instructors. Students also participate in the Jump Forward series, a workshop series on how to prepare for college, including topics on the admissions process, navigating college, career exploration and more. The Accelerated Learning Program (ALP)

engages talented students in an intense, research-focused, three-week summer program. Learn more about the programs [here](#) and [here](#).

University Southern California Summer: USC Summer Programs extends a tradition of excellence to outstanding high school students through a diverse offering of 4-week summer courses. Accepted students to the USC Summer Programs will balance academic and campus life, have access to USC faculty who are leaders in their fields and explore growing academic passions at the university level. Learn more [here](#).

JOB OPPORTUNITIES:

American Pool Lifeguards: American Pool Lifeguards are professional rescuers that receive Lifeguard, First Aid, CPR and AED certifications. Lifeguarding emphasizes responsibility, professionalism, time management, and customer relations. These are skills that our lifeguards take with them through their college application process, and into future career development and beyond. Students may apply at www.guardforlife.com or by Texting SWIM to 25000. Learn more at their December Open House: 12/20 from 5pm-7pm via [ZOOM](#). If you have any questions, contact Ms. Draughn at 845-653-1464.

