



## COLLEGE & CAREER BULLETIN

February 25, 2022

### AP UPDATES:

- A reminder that **March 1 is the last day to cancel your registration for an AP exam and receive a partial refund.** While we hope that you will take the exam for all AP classes you are enrolled in, we want to remind you of this deadline. **To cancel an exam, you must email Mrs. Nicholson at [cnicholson@mlschools.org](mailto:cnicholson@mlschools.org)** and indicate which exams you would like to cancel. Your registration has not been updated until you receive a written confirmation from Mrs. Nicholson.

- **March 1 is also the last date for late AP registration.** Late registration includes a \$40 fee. If you would like to register for any additional AP exams, contact Mrs. Nicholson at [cnicholson@mlschools.org](mailto:cnicholson@mlschools.org) for next steps.

- *Revolution Prep* is offering FREE practice AP exams. Learn more and register [HERE](#) (scroll down to AP Practice Exam).

Revolution Prep logo: **R** REVOLUTION PREP

### Prepare For Your AP<sup>®</sup> Exam

Events hosted by Revolution Prep

**UPCOMING AP PRACTICE EXAMS**

Every Saturday through April 9th

Subjects include:

- AP Biology
- AP Chemistry
- AP Calculus AB
- AP Calculus BC
- AP US History
- AP Physics 1: Algebra-Based

**SAVE YOUR SEAT TODAY!**  
Scan the QR code below

### CLASS UPDATES:

#### Seniors

- Check out these resources from Going Merry, which provide great advice on [next steps after getting into college](#) and [advice for students who didn't get into their "top" college](#)

**Acknowledge your feelings, and let yourself grieve (just a bit).**

- Maybe you had gotten really excited (or even confident) about the school, and now it won't happen. That feels awful and sometimes hurtful. So allow yourself a couple days to grieve the loss—cry, wallow, and even shred/burn your rejection letter.
- Just try not get stuck in "What ifs" - These can drive you crazy! And make sure you don't let yourself get wrapped up in feeling bad for *too long*. Grieve, but then *move forward*.

**Try to remember: It's not personal.**

- Almost every senior receives at least one college rejection letter, so you're not alone. For many, it's just one (unfortunate) part of the college process.
- It doesn't mean you didn't deserve it. At many colleges, there are more deserving applicants than there are available spots.
- A college rejection is *not* a rejection of who you are. Your college app didn't 100% represent all the facets of who you are and what makes you great.

**Get excited about your acceptances.**

- *Vanguard Health Institute - Medical Assistant Training Program*: Vanguard Medical Group is offering four students a full-time, paid position and the opportunity to pursue their Certified Medical Assistant certification at no cost! Medical assistant jobs have a great outlook in the coming years - the profession is one of the top 20 fastest-growing occupations according to the Bureau of Labor Statistics.

Our 12-month program will start on September 5. Individuals in the Health Institute are employed by Vanguard full-time, completing their coursework and finishing their externship simultaneously. We can host students at several of our locations including Cranford, North Haledon, Verona, and Jersey City. Interested students should contact [Krystal.McLean@vanguardmedgroup.com](mailto:Krystal.McLean@vanguardmedgroup.com).

### ***Sophomores & Freshmen***

For students interested in the service academies, check out advice from *West Point* on how to prepare now to strengthen your college applications:

[Advice for Freshmen](#)

[Advice for Sophomores](#)

## **UPCOMING MLHS EVENTS:**

**February 27:** *C2 Education* (located at 276 East Main Street in Denville) is offering MLHS students the opportunity to take a FREE ACT Practice test in their center on Sunday, February 27. Register by calling the center at 973-983-1481 or by scanning the QR code below. Spaces are limited.



**March 9:** We are hosting *The Admission Game* IN PERSON at MLHS at 6:30 PM. This will be presented by Peter Van Buskirk – who spent more than 25 years in selective college admission. Do you ever wonder who "gets in" and "why?" "The Admission Game®" (TAG) takes you inside the admission process for the answers. TAG is an interactive case study exercise for students and parents in which the audience is transformed into an admission committee. This program reveals the "hidden agendas" of colleges and provides insight into how decisions are made. Students learn to find the colleges that fit them best and to make decisions that help them compete for admission.

**March 10:** The *Morris County Vocational School District* is hosting a virtual information session. Learn more about their programs in areas including Welding, Veterinary Science, Plumbing, and Nursing (LPN). The Zoom link is available [here](#).

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

A recruitment flyer for Vanguard Health Institute. The top section has a purple background with the text "VANGUARD HEALTH INSTITUTE" in white, bold, sans-serif font, and "FAST TRACK TO A MEDICAL ASSISTANT CAREER" in a smaller white font below it. Below the text is a photograph of a group of seven people, mostly women, wearing medical scrubs and face masks, standing in a clinical setting. The bottom section of the flyer has a white background with a teal header that reads "EMPLOYMENT OPPORTUNITY & CCMA TUITION COVERAGE". Below this header, there is a paragraph of text: "Vanguard Medical Group is offering four students a full-time, paid position and the opportunity to pursue their Certified Medical Assistant certification at no cost! Our 12-month program will start on September 5, 2022!". To the left of this paragraph is a section titled "Program Perks:" with a bulleted list of benefits. To the right is a section titled "How do I apply?" with contact information for Krystal McLean.

**VANGUARD HEALTH INSTITUTE**  
FAST TRACK TO A MEDICAL ASSISTANT CAREER

**EMPLOYMENT OPPORTUNITY & CCMA TUITION COVERAGE**

Vanguard Medical Group is offering four students a full-time, paid position and the opportunity to pursue their Certified Medical Assistant certification at no cost! Our 12-month program will start on September 5, 2022!

**Program Perks:**

- 100% Tuition and School Supplies covered by Vanguard
- Full-time employment with biweekly pay
- 1 hour of paid study time each weekday
- Simultaneously complete externship while working and studying
- Continued employment and compensation increase after completion of the program
- Benefits, PTO and 401(k) after a 90-day waiting period

**How do I apply?**

Please contact Krystal McLean for the full application.  
[Krystal.mclean@vanguardmedgroup.com](mailto:Krystal.mclean@vanguardmedgroup.com)  
or Call: 973-559-3701 x. 226

\* The practice SAT and ACT exams are FREE events (no commitment required) hosted through the Princeton Review and C2 Education. 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.

## OTHER COLLEGE/CAREER EVENTS:

**March 1:** *SUNY FAFSA Completion Workshops:* This is a hands-on workshop, so be ready to complete your FAFSA during the program! This is a great opportunity for any senior families who have not completed their financial aid forms. Register [here](#).

**March 8:** *Rutgers Scarlet Guarantee Information Session.* Attend a virtual information session to explore program details and benefits. The session will also be offered on March 24. Register [here](#).

**March 8:** *Affording College: Financial Aid 101.* Scott Wallace-Juedes, Director of Undergraduate Financial Aid from Yale University, leads a comprehensive conversation about the financial aid process. From the FAFSA and CSS profile to estimating cost, discuss scholarships, grants, need-based aid, and other ways to finance your child's education with an expert. Register [here](#).

**March 24:** *UHartford* is hosting *College Readiness 101*. This is a virtual presentation geared toward high school sophomores and juniors that will highlight everything you need to know about the search, application, admission, and financial aid processes. During this presentation you can interact with a professional and get your questions answered live! Register [here](#).



## OTHER RESOURCES:

[5 Things to Know About Selective College Admissions In 2022](#), CollegeData.com

[A Second-Semester AP Study Strategy](#), by US News

[Building Your Career in Construction](#), by the Associated Construction Contractors of New Jersey. *Learn what it's like to work in the construction industry!*

[Campus Visit Tips for Parents](#), by Countdown to College

[College Admission: Things That Make You Go Hmmm...](#), by Forbes

*This is an excellent article that talks about application trends, yield and demonstrated interest, and the evolving admission landscape.*

[College Scorecard Updates Include College Costs, Grad Rates, Post-College Earnings](#), by Diverse Issues in Higher Education

[Congressional Bill Urges Colleges to End Legacy Admissions Boost](#), by NBC Chicago

[Here Comes the Sun: A Parent's Perspective on Deny](#), by Georgia Tech Admissions

*A great article written by an Admission Counselor for Georgia Tech – who is now experiencing the process from the "other side" as her daughter applies to college.*



[How to Choose a College Major](#), by CollegeData

[How to Get Merit Aid From Colleges](#), by CollegeData

[Making the most of your summer](#), by College Admission Strategies

[Princeton will enroll more transfer students starting this fall](#), by Princeton University

[Rutgers University Offering Free College Tuition - The Scarlet Guarantee](#), explained by Principia Prep

[Scarlet Guarantee](#), by Rutgers

[Three \(MORE\) Messages Parents of High School Students Need to Hear About College Admission](#), by Georgia Tech Admissions

*Key Quote: "Quality of institution is not correlated with admit rate, ranking, or any other singular number or metric... When I arrived at Tech, we were admitting well over 60% of applicants. Just a few years ago we sat around 40%. This year's class will see an admit rate below 20%. Are the students significantly smarter, more talented, or more destined for future success? Absolutely not. Students we admitted at 60% are running companies now and sitting on boards of major organizations... the bottom line is selectivity level is not a proxy for academic quality."*

[Trade Schools Vs. Traditional College: What You Should Know](#), by Forbes. *Read this article for information about the many benefits of trade schools!*

## **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:**

Upcoming C2 Education ACT Practice Test: Call (973) 983-1481

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

[SAT Practice Tests - Khan Academy](#)

[ACT Practice Test](#)

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

### **\* Newly test-optional:**

- [Johns Hopkins University is test-optional through the 2025-2026 application year](#)
- [Northeastern Test-Optional Through 2026](#)
- [Northwestern 2020–23 Testing Policy](#)
- [Princeton: A Continued Pause on Standardized Testing for the 2022-23 Application Cycle](#)
- [Swarthmore is extending our test-optional policy for students applying for fall 2023, fall 2024 and fall 2025 entry](#)
- [Washington University in St. Louis: Test optional policy extended through fall 2024](#)
- [Yale has extended a test-optional policy for first-year and transfer applicants in the 2022-23 admissions cycle](#)



\* See [FairTest.org](#) for a full list of test-optional colleges.



## 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.



## SCHOLARSHIPS:

**ACS Scholars Program:** is open to graduating seniors who identify as African-American/Black, Hispanic/Latino, or American Indian. Applicants must be intending to major in chemistry, biochemistry, chemical engineering, chemical technology, or another chemistry-related science AND planning to pursue a career in a chemistry-related science as well. [Apply by](#) March 1.

**Connections for the Future Scholarship:** Up to \$1,000 for a graduating public school senior with disabilities from Bergen, Passaic, Hudson, Essex, Morris, Somerset, Union, Warren or Sussex County. The scholarship provides financial support to public school graduates with disabilities (IEP or 504) so that they may pursue post-secondary education, training, and other life-enhancing opportunities. [Apply](#) by April 1.

**MLHS Friends of the Arts:** awards \$1,000 scholarships to selected applicants from the MLHS Class of 2022. The Friends of the Arts Scholarship acknowledges graduating seniors who have actively participated in the visual and/or performing arts both in and out of the school setting, and who plan to continue participating in the arts in the future. Primary consideration will be given to the student's active participation in any area of the visual or performing arts while in high school. [Applications Due:](#) May 6.

**Lessons In Your Home Scholarship** (\$500): is open to seniors (ages 18+) who plan to study aspects of music, music business, performance, or production (major or minor in any music school program). Applicants must submit a 600-word essay on why the world needs music, along with a summary of your journey in music. [Apply](#) by March 25.

**Montville UNICO Service Above Self Scholarship:** will be offered to a qualified Montville resident of Italian descent who is graduating in 2022. Applicants must have demonstrated extraordinary efforts to give back to the community as exemplified by UNICO's mission of "Service Above Self." Contact Mrs. Nicholson for a copy of the application or visit <http://www.montvilleunicofoundation.org>. Nomination must be received in the Montville UNICO post office box no later than April 1.



**Morris County Association of School Business Officials** is sponsoring the **Jerome F. Sullivan and MCASBO Memorial Scholarship:** Applicants are eligible for a \$1,000-\$2,000 scholarship. Mountain Lakes High School can nominate one applicant (a graduating senior). Interested students should email Mrs. Nicholson by March 13 with a brief description on why they would be a good candidate for this award. Please include your extracurricular activities, any positions of leadership/awards, and your planned college major (must be business related).

**ScholarSHPE:** The Society of Hispanic Professional Engineers provides scholarships for graduating high school seniors beginning a STEM undergraduate career at a community college or 4-year university. [Apply](#) by April 30.

**TheDream.US National Scholarship:** Applications are open to immigrant students with or without DACA or TPS who came to the U.S. before the age of 16 and before Nov. 1, 2016. [Apply](#) before the February 28 application deadline. The

National Scholarship provides up to \$37,000 to cover tuition, fees, books and supplies for students to earn a bachelor's degree at a Partner College.

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

**AG Bell College Scholarships** (for students who are deaf and hard of hearing): [Apply by](#) March 4.

**Bill of Rights Institute's We the Students Essay Contest:** [Submissions are due](#) April 15.

**BMW/SAE Engineering Scholarship:** [Apply by](#) March 21.

**Foundation 649 Scholarship:** [Apply](#) by March 1.

**Fred M. Young Sr./SAE Engineering Scholarship:** Learn more and apply [here](#) (deadline March 21).

**Haworth Skilled Trades Scholarship:** Learn more and apply [here](#).

**Hearing Loss Association of America, New Jersey Association:** [Apply by](#) May 1.

**(ISC)<sup>2</sup> Women's Scholarship:** [Apply by](#) February 28.

**Jacob Pierri Memorial Scholarship:** [Apply by](#) March 31.

**Junior Laker Basketball:** is pleased to announce the awarding of to graduating seniors of Mountain Lakes High School. Requirements for applicants are participation in JLB program as a youth in Mountain Lakes, a 1-2 page essay, and a letter of recommendation. Stop by the Guidance Office for a copy of the application.



**MCCEA Scholarships:** [Applications](#) are due by April 29.

**Men's College Scholarship:** Apply [here](#) by April 1.

**Morris County Links STEAM Scholarship:** (for a senior who is of African American Decent/Ancestry). Contact Mrs. Nicholson for a copy of the application (due April 1).

**Morris County Professional Counselor Association Scholarship:** Applicants must plan to pursue a career in a helping profession. If you wish to be considered as one of our two nominees for this scholarship, please provide a brief description of your leadership and share a paragraph on your desire to pursue a role in a helping profession. Please email this to Mrs. Nicholson by March 13.

**Morristown Alumnae Chapter of Delta Sigma Theta Sorority Scholarship:** [Applications](#) are due by April 15.

**NJACAC Scholarship:** For those who attended NJACAC events last year (i.e. Rainbow Key or Virtual College Exploration Week)? Submit your [application](#) by March 18. *Note: the Camp College referenced on here is NOT the Camp College held by MLHS, it is a separate virtual event hosted by NJACAC.*

**P.L.A.Y. Scholars Helping Collars Scholarship:** [Apply by](#) February 28.

**SGT Ryan E. Doltz Scholarship:** [Apply](#) by April 1. (open to all graduating seniors from a Morris County high school who are members of the band)

**The Rockaway Valley Garden Club, Arlene Persson Memorial Scholarship:** Contact Mrs. Nicholson for a copy of the application. Applications are due by April 1.

**Tzu Chi Scholars:** [Apply by](#) March 12.

## **SUMMER PROGRAMS & OTHER OPPORTUNITIES:**

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

**Bentley Wall Street 101:** is a competitive experiential learning program for rising high school juniors and seniors interested in global finance and investing, including stocks, bonds, currencies and commodities. The sessions introduce students to the art and science of trading, investing, and managing a portfolio. In small classes led by Bentley-trained faculty with industry experience, students participate in lectures, case analyses, interactive trading simulations and presentations by Wall Street professionals. Learn more [here](#).

**Bossgirls:** You'll join a community of other bossgirls like yourself to discover entrepreneurship. You and a team of other bossgirls will focus on a problem, come up with an innovative solution for it, research the market, compare competitors, learn how to price your product & prototype it, and create a brand around your idea. At the end of the program, you'll pitch your idea to a virtual audience--think Shark Tank without the sharks. Bossgirls Summer 2022 is expected to be a hybrid program, taking place both virtually and in-person. We plan to hold most workshops and lectures online, but have some activities take place in person at The City College of New York. We take applications from female and non-binary high school students in grades 9-12. This is a no-cost program thanks to our sponsors, Standard Chartered. Learn more and apply [here](#).

**Boston University Summer Journalism Academy:** teaches high school students core skills in news reporting, interviewing, and writing, while focusing on hands-on experience in and around Boston and their home communities. Taught by award-winning working journalists such as Pulitzer Prize winner Lara Salahi, students learn how to follow facts and get to the heart of stories affecting communities. In the past, our students spoke with policymakers, reported from a massive immigration march, and highlighted issues affecting teens during the pandemic. They learned how to interview strangers, ask probing questions, and assemble information in a concise story with a deadline. For students living on-campus, they have the opportunity to meet with Boston University's representative to discuss the college admissions process and explore what it's like living in a residence hall and studying in a university environment. If you are accepted into program and pay the registration fee by March 31, you will receive a special discount of \$400 off the in-person tuition (EARLYCAMPUS22) and \$200 off tuition for the virtual program (EARLYRLFH22). Apply [here](#).



**Bucknell Academy Summer Experience (BASE):** Rising high school juniors and seniors spend a week living like a college student. BASE participants join Bucknell faculty and students to find innovative solutions to pressing issues. Perhaps you'll team up with environmental engineers and global managers to create better technology for clean water. Or maybe you'll collaborate with performing artists and biomedical engineers to reimagine prosthetics used by actors or musicians. Click [here](#) to learn more about BASE and Bucknell's other programs, including their Engineering Camp.

**Fordham University's Exploring Entrepreneurship Program:** During this week-long intensive, students will gain a comprehensive overview of the entrepreneurial process in a hands-on fashion. From coming up with a business idea, testing & refining, and ultimately pitching that idea to a panel of university professors and entrepreneurs, this week will prove to be a thought-provoking, skills-building, and transformative experience. Applications are currently open, and we invite all interested high school juniors and seniors to apply. Check out their [website](#) to learn more about this program as well as their other programs: Finance Institute: Wall Street in the Classroom and Global Finance & Trade in the 21st Century.

**Georgetown's Summer High School Programs:** programs span a wide range of subjects, including business, politics, social justice, sports management, entrepreneurship, and medicine. Applications are available [HERE](#).



**Girls Who Code:** offers two FREE programs - the Summer Immersion Program and the Self-Paced Program. Learn more [here](#).

**Summer Programs at WashU:** We offer a variety of summer programs, allowing students to explore academics and campus life at WashU. Programs are offered in business, architecture, and more. Learn more [here](#).

**University of Massachusetts Summer Pre-College Programs:** Our programs offer high school students an opportunity to explore their academic interests and experience life on a college campus. Both online and in-person programs are available, at UMass Amherst and at the UMass Mt. Ida campus in Newton, MA. In addition to popular existing programs like Equine Science, the Sport Management & Leadership Academy, the Summer Engineering Institute, and the Summer Design Academy, we have added programs in several new topics like 3D Animation, Veterinary Technology, and Race & American Politics. Rising 10th - 12th graders in high school are eligible to apply. Learn more [here](#).