

# COUNSELING & WELLNESS NEWS

Official newsletter of the Saddle Brook MSHS School  
Counseling Department

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**PLEASE TAKE A MOMENT TO VISIT OUR SCHOOL COUNSELING WEBSITE, MENTAL HEALTH RESOURCE WEBSITE, AND OUR PROGRAM OF STUDIES WEBSITE. CHECK IT OUT NOW AND THROUGHOUT THE YEAR AS DOCUMENTS/RESOURCES ARE OFTEN ADDED.**

**SADDLE BROOK HS COUNSELING WEBSITE**

**MENTAL HEALTH RESOURCE SITE**

**PROGRAM OF STUDIES**

**CLASS OF 2024 DECISION DAY CELEBRATIONS**

# 5 ESSENTIAL TIPS FOR COMPLETING YOUR COLLEGE APPLICATION

The college application process can feel daunting, but it's also an exciting opportunity to take a major step toward your future. Here are five essential tips to help you navigate the process smoothly.

## **1. Start Early and Stay Organized**

Give yourself plenty of time to complete each part of your application. The earlier you start, the less pressure you'll feel as deadlines approach. Create a checklist with all of your application tasks and a timeline with key dates. Set aside dedicated time each week to focus on different parts of the application. Keeping everything organized—essays, documents, and deadlines—will help you stay on track and avoid unnecessary stress.

## **2. Know and Prioritize Your Deadlines**

Be sure to review all application deadlines for each school you're applying to and mark them on your calendar. Some schools offer Early Action or Regular Decision options, and each will have different timelines. Make sure you understand the deadlines and give yourself enough time to gather all required materials and complete your application before the due date. Missing a deadline could mean you miss your opportunity for admission.

## **3. Focus on Your Strengths and Interests**

While it's important to include all the required materials, make sure to emphasize your strengths and interests in the application. Highlight the areas where you shine, whether it's leadership, creativity, or academic excellence. By showcasing your talents and passions, you give the admissions team a better understanding of your potential as a student. Don't be afraid to let your unique qualities stand out.

## **4. Gather and Review Your Documents**

In addition to your transcript, many applications require other supporting documents, like letters of recommendation, test scores (if applicable), and personal information. Be sure you know exactly what each school requires, and gather these materials ahead of time. Review everything carefully to make sure all the information is accurate and up to date. Keep track of where you've submitted everything, and don't hesitate to follow up if you're unsure whether something has been received.

## **5. Proofread and Review, Review, Review**

A strong application can be derailed by a small typo or a mistake. Before submitting, carefully proofread all parts of your application—essays, forms, and any other written materials. It's always a good idea to ask someone else (a parent, teacher, or friend) to look over your work, as they may catch things you missed. The more polished your application, the better your chances.

Information from Siena College

Additional Information regarding College Interviews can be found [here](#).



1. Health Attendance: if you have Health 2nd MP you are only allowed 4 total absences the ENTIRE marking period (which doesn't end until the end of January).
2. **Admission Decision updates: Please let your counselor know of any admission decisions that you have received to date!! We like to know too!!!**
3. Every week - on Tuesdays, Wednesdays, and Thursdays, Period 6, are Guidance Department Walk-Ins. NO APPOINTMENT Necessary!
4. Colleges, Trade Schools, and Universities begin Open Houses for Juniors in the Spring. It's never too early to start visiting!
5. Google Classrooms have been set up for each grade. Please make sure you and your child have access.
  - Class of 2025: xpogr4o
  - Class of 2026: g7vyahd
  - Class of 2027: 6gjai6y
  - Class of 2028: w4sdtq6

## SAVE THE DATES

- Junior Parent Night: Wednesday, March 5th at 7PM in the Media Center
- Parent Partnership Night (College & Career Fair will be held): Tuesday, March 18th at 6:30pm
- The College of New Jersey tour for Seniors who have already been accepted and Juniors: Wednesday, April 2nd
- Construction Industry Fair Trip for grades 11 and 12: Wednesday, May 28th

## ADDITIONAL FAFSA INFORMATION

Join HESAA for one of our free webinars this winter on how to apply for New Jersey financial aid!

### FAFSA (English)

Thursday, 1/9 • 6pm  
Wednesday, 1/15 • 6pm  
Tuesday, 1/21 • 12pm  
Wednesday, 1/29 • 6pm  
  
Monday, 2/3 • 12pm  
Wednesday, 2/12 • 6pm  
Wednesday, 2/19 • 6pm  
Monday, 2/24 • 6pm  
Wednesday, 2/26 • 12pm

### FAFSA (Spanish)

Monday, 1/13 • 6pm  
Tuesday, 2/4 • 6 pm  
Monday, 2/24 • 12pm

### NEW JERSEY ALTERNATIVE FINANCIAL AID APPLICATION FOR NJ DREAMERS (English)

Thursday, 1/9 • 12pm  
Thursday, 2/13 • 12pm

### NEW JERSEY ALTERNATIVE FINANCIAL AID APPLICATION FOR NJ DREAMERS (Spanish)

Wednesday, 1/22 • 6pm  
Tuesday, 1/28 • 12pm  
  
Tuesday, 2/11 • 6pm  
Thursday, 2/20 • 6pm

Participants do not need to pre-register.  
Simply use the following link on  
whichever day and time you want to join:

[www.zoomgov.com/j/16191472863?pwd=eldeR1hWWUdsUUs1WCtuZ-2krOFJIZz09#success](https://www.zoomgov.com/j/16191472863?pwd=eldeR1hWWUdsUUs1WCtuZ-2krOFJIZz09#success)



## SCHEDULING HAS BEGUN!!



Scheduling for our incoming 9-12 graders has begun! Students completed surveys indicating course and elective requests.

Parents of current juniors received information for attending their child's scheduling meeting. Parents have the option of attending that meeting in person or virtually. Parents of students in other grades are more than welcome to contact their child's counselor to set up a scheduling appointment.

## CONSTRUCTION INDUSTRY CAREER DAY 2025

On Wednesday, May 28th our school counselors will be bringing students from grades 11 and 12 to the Construction Industry Career Day at the New Jersey Convention and Expo Center in Edison, New Jersey.

Students will visit dozens of construction-related exhibits and demonstrations designed especially for young men and women interested in a challenging and rewarding career. Attendees will learn about the many professions that make up the construction industry and about the salaries, benefits, stackable credentials and educational opportunities.



## TEEN MENTAL HEALTH FIRST AID

Students in grade 10 are continuing their Teen Mental Health and First Aid Training. The latest lessons have been regarding how to help a friend who is experiencing various mental health crisis' such as suicide, panic attacks, substance/alcohol use, etc. through implementing the Teen Mental Health 5 Step Action Plan.



On May 20th, seniors who are planning to attend Bergen Community College in the fall are invited to visit the campus. Our school counselors will accompany these students to Bergen Community College. Our students will receive a tour of the campus and meet with an academic advisor to create their fall class schedule.

## ACT DATES

### 2025 National Test Dates Schedule

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline	Photo Upload and Standby Deadline
February 8, 2025	January 3	January 24	January 31
April 5, 2025	February 28	March 16	March 28
June 14, 2025	May 9	May 26	June 6
July 12, 2025*	June 6	June 20	July 4

\*No test centers are scheduled in New York for the July test date.

*In February of 2025, Science is included and required for a composite score. For April, June and July of 2025, for online testing only, it will be optional for a composite score.*

**February:** Science Included (required for composite score)

**April:** Science Optional (online testing only)

**June:** Science Optional (online testing only)

**July:** Science Optional (online testing only)

## SAT DATES

SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration**
Aug 24, 2024	Aug 9, 2024	Aug 13, 2024
Oct 5, 2024	Sept 20, 2024	Sept 24, 2024
Nov 2, 2024	Oct 18, 2024	Oct 22, 2024
Dec 7, 2024	Nov 22, 2024	Nov 26, 2024
Mar 8, 2025	Feb 21, 2025 <a href="#">Register</a>	Feb 25, 2025
May 3, 2025	Apr 18, 2025 <a href="#">Register</a>	April 22, 2025
June 7, 2025	May 22, 2025 <a href="#">Register</a>	May 27, 2025

### Confirmed 2025–26 Test Dates

#### Fall 2025

✓ August 23, 2025

✓ September 13, 2025

✓ October 4, 2025

✓ November 8, 2025

✓ December 6, 2025

#### Spring 2026

✓ March 14, 2026

✓ May 2, 2026

✓ June 6, 2026

## MIDDLE SCHOOL LUNCH BUNCH

Middle School Lunch bunch is a social group, run by the Middle School Counselors, where students get to interact in a small group setting to promote prosocial engagement with their peers through playing games, engaging in appropriate conversations, and reinforcing social skills. This group runs on Fridays during Middle School lunch periods. Join our Google Classroom for updates, the class code is m7dhhfw. If your child is interested in joining or there are further questions contact Mr. Bacs and Ms. Oliveira for details.

## SUMMER PROGRAM FAIR



The National Summer Program Fair: Northern NJ, is a free event for high school students and their families occurring Tuesday, January 28, 2025 from 4:30-7:00PM at the Bogota Bank (Rothman) Center @ Fairleigh Dickinson University (FDU) in Hackensack. This in-person event will showcase over 100 ways high school students can spend summer 2025, including on-campus pre-college programs at the nation's most prestigious universities, study abroad opportunities, STEM programs, teen travel, art/portfolio prep, test prep, and local nonprofits seeking summer volunteers.

Students and parents need to pre-register to attend, and should do so now to reserve their place and receive event reminders. Students and parents will receive a QR code to show at the event for easy access.

For any questions, please visit [www.summerprogramfair.com](http://www.summerprogramfair.com) or reach out to [info@summerprogramfair.com](mailto:info@summerprogramfair.com)