



the paw print

@ laceyguidance



COLLEGE FAIR

April 25: Pine Belt Arena in Toms River

Students and parents alike inquire regarding the best time to begin preparing for college. Though applications cannot be submitted prior to the summer before senior year, preparation can come in a variety of forms. First and foremost, families should become informed about potential collegiate options.

Ocean County Personnel and Guidance Association makes this especially doable during their college fairs. Typically held in the spring and the fall, the next OCPGA fair is scheduled to be at the Pine Belt Arena in Toms River, attached to High School North, on Tuesday, April 25th between 6:00 and 8:00 PM.

One-hundred colleges and their admissions officers will be in attendance. (See a detailed list of attendants on the next page!) Each representative is truly an expert on their college and will provide a wealth of information to students and families of various backgrounds.

Still not sure if you'll go? Consider the following. There will be a financial aid seminar at 5:30 discussing important protocol and provide wisdom for the FAFSA (Free Application for Federal Student Aid). Also, technical schools and military will be present. You can save money, and keep your options open. We encourage students and parents of all grades to attend.

*before
anything else,
preparation
is the key to
SUCCESS.*

-Alexander Graham Bell

this month's bucket list

create:

a vision board

read:

The 8th Habit
by Stephen Covey

watch:

Ted Talk on Vulnerability
by Brene Brown

LTHS Counseling Department
Julie Ciccarone, Guidance Supervisor
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Counselors

- | | |
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COLLEGE FAIR: APRIL 25, 2017

LIST OF ATTENDING INSTITUTIONS

Generously hosted by Ocean County Personnel and Guidance Association

Pine Belt Arena, from 6 PM to 8 PM

Financial Aid Seminar at 5:30

<u>CONNECTICUT</u>	<u>NEW JERSEY</u>	<u>PENNSYLVANIA</u>
Quinnipiac University Sacred Heart University University of New Haven	Atlantic Cape Community College Berkeley College Brookdale Community College Caldwell College Centenary College Fairleigh Dickinson University Felician College Georgian Court University Kean @ Ocean Kean University Monmouth University Montclair State University New Jersey City University New Jersey Institute of Technology Ocean County College Ocean County Vocational/Tech School Ramapo College of NJ Rider University Rowan University Rutgers University-Camden Rutgers University-New Brunswick Saint Peters University Seton Hall University Stevens Inst. of Technology Stockton University The College of New Jersey The Salon Prof. Academy of NJ William Paterson University	Albright College Arcadia University Cabrini College Cedar Crest College Delaware Valley University DeSales University Drexel University East Stroudsburg University Holy Family University Immaculata University Juniata College La Salle University Lebanon Valley College Marywood University Messiah College Millersville University Misericordia University Moravian College Neumann University Pennsylvania College of Technology Pennsylvania State University Saint Josephs University Shippensburg University University of Scranton University of the Sciences Villanova University West Chester University Widener University York College of Pennsylvania
<u>DELAWARE</u>		<u>RHODE ISLAND</u>
Goldey-Beacom College University of Delaware		Bryant University Johnson & Wales University University of Rhode Island
<u>FLORIDA</u>	<u>NEW YORK</u>	<u>SOUTH CAROLINA</u>
Florida Atlantic University Lynn University University of Tampa	College of Mt. St. Vincent LIM College Manhattan College Marist College Marymount Manhattan College State Universities of NY (SUNY) State Univ. of NY (SUNY)-New Paltz SUNY at Oswego Stony Brook University (SUNY) University at Albany (SUNY)	Coastal Carolina University
<u>MAINE</u>		<u>VERMONT</u>
Unity College University of New England		Castleton State College
<u>MARYLAND</u>	<u>NORTH CAROLINA</u>	<u>VIRGINIA</u>
Towson University	Campbell University University of NC-Charlotte	James Madison University Lynchburg College Old Dominion University Roanoke College Virginia Technical Institute
<u>MASSACHUSETTS</u>		<u>WEST VIRGINIA</u>
Mount Ida College Merrimack College		University of West Virginia
<u>MILITARY</u>		
The Citadel United States Air Force United States Army United States Marine Corp United States Naval Academy		

life's most urgent question:

what are you doing for others?

-Martin Luther King, Jr.

the value of volunteering

Volunteer Awareness Month

At high schools across the countries, counselors encourage students to become involved in their school and local communities in a meaningful way, often discussing the value of volunteering.

The most surface-level benefit of volunteering is to make the resume stronger, impressing admissions' officers during senior year when applying to colleges. A strong list of extracurricular involvement indicates that a student is well-rounded, giving in attitude and has developed life and communication skills far beyond what has been taught in the classroom.

However, there are other major benefits to volunteering.

Research has shown that people who volunteer live longer.

Also, students who are involved in the community are less likely to be involved in risky behavior. If this doesn't strike a cord with any high school student, perhaps it will with their parents. Encouraging youth to impact society in a meaningful way means that instead of potentially engaging in maladaptive actions, the youth are instead channeling their energy into a positive, others-focused fashion.

Ask your counselor how to become more involved!



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APRIL

- 4 Financial Aid Info. Night (HESAA)
- 7 May SAT registration deadline
- 8 ACT @ LTHS
- 8-17 Spring Break
- 19-21 PARCC Testing
- 21 Free Prom Dresses @ Becca's Closet* (4-7pm)
- 23 Open House at Seton Hall
- 24-26 PARCC Testing
- 25 Financial Aid Seminar (5:30-6:30)
OCPGA College Fair (6:00-9:00)
- 30 Free Prom Dresses @ Becca's Closet* (3-6pm)

MAY

- 1-5 AP Testing
- 6 Free Prom Dresses @ Becca's Closet* (12-4pm)
- 8-12 AP Testing
- 24 ASVAB Testing
- 31 New Jersey Biology Competency Test

**Hosted by Centenary University, Becca's Closet is a national, non-profit organization to provide prom dresses to teenagers in need. Time details are written with each date listed above; the address is as follows: Lackland Center (715 Grand Ave., Hackettstown, NJ 07840).*

VALID LTHS ID IS MANDATORY TO RETRIEVE A DRESS.

time management tips

[Make a "To Do" List Every Day]

Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. And don't forget to reward yourself for your accomplishments.

[Use Spare Minutes Wisely]

Get some reading done on the bus ride home from school, for example, and you'll kill two birds with one stone.

[Know it's Okay to Say "No."]

If your boss asks you to work on a Thursday night and you have a final exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

[Find the Right Time.]

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

[Review Your Notes Every Day.]

You'll reinforce what you've learned, so you need less time to study. You'll also be ready if your teacher calls on you or gives a pop quiz.

[Get a Good Night's Sleep.]

Running on empty makes the day seem longer and your tasks seem more difficult.

[Communicate Your Schedule to Others.]

If phone calls are proving to be a distraction, tell your friends that you take social calls from 7:00 to 8:00 p.m. It may sound silly, but it helps.

[Become a Taskmaster.]

Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

[Don't Waste Time Agonizing.]

Have you ever wasted an entire evening by worrying about something that you're supposed to be doing? Was it worth it? Instead of agonizing and procrastinating, just do it.

[Keep Things in Perspective.]

Setting goals that are unrealistic sets you up for failure. While it's good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.