



Need to Know at Monroe

A PRESENTATION BY THE MTHS COUNSELORS

Who is My Counselor?

FRESHMAN COUNSELORS:

Mr. Anthony Gambino: A-Ma

Ms. Danielle Brown: Mc-Z

SOPHOMORE COUNSELORS:

Mr. Scott Sample: A-L

Mrs. Lauren Mironov: M-
Z

JUNIOR COUNSELORS:

Mr. Jared Carrier: A-L

Mrs. Damaris Dominguez:
M-Z

SENIOR COUNSELORS:

Ms. Jessica Wright: A-L

Ms. Brooke Messinger: M-Z

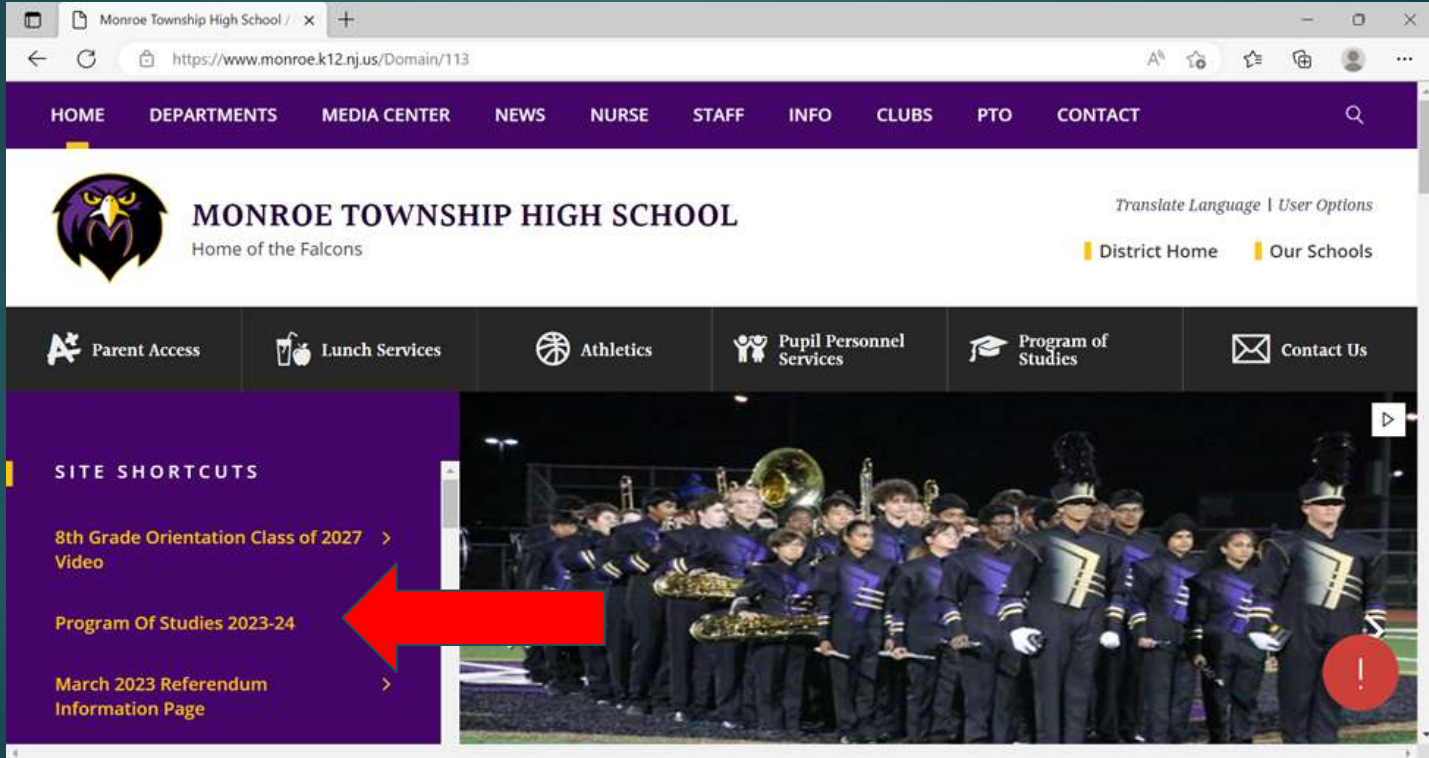
Mrs. Paige Baniowski
Student Assistance
Counselor

Mrs. Casey Buffolino
(504 coordinator, NCAA,
testing and Senior
collaboration)

The School Counselor's Role

- ▶ The guidance viewpoint places the individual in the position of central importance and requires that all phases of the school program be aimed at assisting all students to achieve their maximum potential. We believe that in order to accomplish this task, a team approach involving students, counselors, teachers, parents and administrators must be utilized. Only through home and school cooperation can we fully assist in the educational, emotional and social development of our students.
- ▶ Students are always welcome to see their school counselor anytime during the day by simply walking in or emailing to make an appointment.
- ▶ School Counselors provide individual and group counseling, assist with academic needs and provide programs for families.


Program of Studies









The image is a screenshot of the Monroe Township High School website. At the top, there is a navigation menu with links for HOME, DEPARTMENTS, MEDIA CENTER, NEWS, NURSE, STAFF, INFO, CLUBS, PTO, and CONTACT. Below the navigation is the school's logo, a falcon head, and the text "MONROE TOWNSHIP HIGH SCHOOL Home of the Falcons". To the right of the logo are links for "Translate Language | User Options", "District Home", and "Our Schools". Below the logo and navigation is a row of service icons: Parent Access, Lunch Services, Athletics, Pupil Personnel Services, Program of Studies, and Contact Us. The "Program of Studies" icon is highlighted with a red arrow. Below this row is a "SITE SHORTCUTS" section with three items: "8th Grade Orientation Class of 2027 Video", "Program Of Studies 2023-24" (highlighted with a red arrow), and "March 2023 Referendum Information Page". To the right of the shortcuts is a large image of a school band performing at night, with a red exclamation mark icon overlaid on the bottom right corner.

Monroe Township High School / x +
https://www.monroe.k12.nj.us/Domain/113

HOME DEPARTMENTS MEDIA CENTER NEWS NURSE STAFF INFO CLUBS PTO CONTACT



 **MONROE TOWNSHIP HIGH SCHOOL**
Home of the Falcons

Translate Language | User Options
District Home Our Schools

 Parent Access  Lunch Services  Athletics  Pupil Personnel Services  Program of Studies  Contact Us

SITE SHORTCUTS

- 8th Grade Orientation Class of 2027 Video >
- Program Of Studies 2023-24** ←
- March 2023 Referendum Information Page >

Program of Studies

MONROE TOWNSHIP HIGH SCHOOL

"Excellence is Our Expectation"



PROGRAM OF STUDIES
2023-2024

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Graduation Requirements

MTHS Graduation Requirements

	9th	10th	11th	12th
Language Arts	LA 9	LA 10	LA 11	LA 12
Math	Math	Math	Math	Math
Science	Biology	Chemistry	Physics	Science Elective or Technology Class
Physical Education	PE / Health	PE / Health	PE / Health	PE / Health
Social Studies	World History	US History 1	US History 2	Elective
World Language	Spanish Italian French Latin	Spanish Italian French Latin	Elective	Elective
Elective	Personal Finance Economics*	Practical Visual or Performing Arts*	Practical Visual or Performing Arts*	Elective
Elective	Elective	Elective	Elective	Elective

In order to graduate from Monroe Township High School, a student must obtain a minimum of 130 credits in grades 9-12.

5 Credits Health and Physical Education for Each School Year Enrolled
 20 Credits Language Arts
 20 Credits Mathematics*
 5 Credits Technology or Fourth Year of Science
 15 Credits Science - Biology, Chemistry, Physics
 15 Credits Social Studies
 10 Credits Performing, Practical or Visual Arts
 10 Credits World Languages
 5 Credits Economics/Finance

*The fourth year of Mathematics may be fulfilled by taking a computer course in either the Business or Math Departments or an Accounting course. Students enrolled in Algebra I (A/B) will receive 5 credits toward the mathematics graduation requirement and 5 credits toward electives

Extra Help for 9th Grade Students: Freshmen Enrichment

When: Tuesdays and Thursdays

Time: 2:20 – 3:50

Language Arts – G334

Algebra 1 – G335

World Language – G336

History – G337

Biology – F317

Extra Help:

EXTRA HELP

Students can drop in any time they need assistance in a content area.

Writing Lab (ELA)	F305	MP1 Mon - Thur 2:20-3:20 MP 2,3,4 Tue Thur 2:20-4:20
CMAC (Math)	G305	Mon, Tue, Wed, & Thur 2:20-3:20
Science (Chem/Bio/Physics)	F320 Chem F317 Bio F219 Physics	Chem Tue & Thur 2:20-3:50 Biology Wed 2:20-3:50 Physics Tue & Thur 2:20-3:50
History Forum (Social Studies)	F306	Tue & Thur 2:20-3:20
World Language (Spanish, Italian, French)	F303	Spanish Tue 2:20-3:20 Italian & French Alternate Thursdays 2:20-3:20

TESTING CENTERS

Students must pre-arrange with their teacher to make up an assessment in a testing center. Locations are listed below. Each testing center is generally open Monday through Thursday from 2:20pm-3:50pm. Exceptions will be noted in the afternoon announcements and on the Falcon Flight Plan.

ELA	G306	Social Studies	G307
Math	G304	World Language	F304
Science	F318	Schoolology	G308

OTHER LOCATIONS

Media Center (for quiet study) Mon/Tue/Wed/Thur 2:20-4:20pm	Cafe B (to wait for transportation) Mon/Tue/Wed/Thur/Fri 2:20-5:20pm
Business Education in C148 (support and makeup assessments) Tue 2:20-3:20pm	Performing Arts Chorus in J131 Mon 2:20-3:20pm Band in J143 Tue 2:20-3:20pm

See your PE/Health, ELL/ESL and Career Technology teachers for information about additional support and testing opportunities.

The Testing Center and Extra Help will open at 2:45pm on faculty meeting dates.

Yearly Timeline

▶ 9th and 10th Grade Students

*Set the foundation for success- seek extra help if you need it, talk to teachers and your counselor

*Get involved in clubs, sports, volunteering and/or a part-time job.
Quality vs. quantity!

- MTHS does **NOT** require volunteer hours to graduate.

*Working papers can be found in the CCCC

*10th Graders take the PSATs in October during school

*Become familiar with Naviance by doing some annual assessments.

Timeline Continued...

▶ 11th and 12th Grade Students

- *11th Graders take the PSATS in October during school
- *Counselors will conduct junior conferences
- *Attend any college fairs to start exploring postsecondary options
- *Explore schools in Naviance and on admissions websites
- *Honor Societies are by invite only by Honor Society Advisors
- *Take a standardized college test if your student is going to college. (SAT/ACT). Students sign up online when they are ready.
SAT: www.collegeboard.org ACT: www.act.org
- *Senior meetings in the beginning of Senior year

Grading System

Final Grade Calculation:

-100 point grading system (0-64 is a fail and 65 and above is passing)

-Each of the four marking periods counts as 21% of the grade. The final exam counts as 16%. Half year courses don't have final exam grades- just full year courses!

Formula Example

$$\text{MP 1} \times .21 = 70 \times .21 = 14.7$$

$$\text{MP 2} \times .21 = 68 \times .21 = 14.28$$

$$\text{MP 3} \times .21 = 55 \times .21 = 11.55$$

$$\text{MP 4} \times .21 = 70 \times .21 = 14.7$$

$$\text{FINAL} \times .16 = 45 \times .16 = 7.2$$

FINAL GRADE FINAL GRADE **62.43**

Grading Continued

*Students must pass classes in order to move on to the next course. If they fail a required course, they can attend summer school for credit recovery or they have to repeat the failed course the next school year.

* Honors and AP Weight: At MTHS, students will have a weighted GPA on a 100 point scale. Honors classes gives 8 extra points per class and AP is 10.

- For instance, a student gets an 88 in Honors Language Arts 2. The 88 is on their transcript, but when the grade gets calculated in towards GPA, it is a 96.
- If it were AP LAL, it would be an 88 on the transcript but a 98 towards GPA calculation.

*Class rank and a cumulative GPA will be available senior year, otherwise weighted GPA is calculated each year after final grades.

SCHEDULING FOR THE '23-24 School Year

- ▶ Counselors started process this past week
- ▶ Teacher Recommendations in place for this year
 - ▶ Information found on Program of Studies
- ▶ Electives
 - ▶ Students request 2 electives & 2 backups
 - ▶ Students will only be scheduled for 2 electives in the school year
 - ▶ Must be willing to take ANY of the electives picked as we cannot guarantee which elective is given
 - ▶ Reach out by end of school year for elective changes

NAVIANCE

- *Family Connection* is a Web-based program designed for students and parents. Every student has their own login and parents can also request one!
- It assists students and parents in helping make decisions about courses, colleges and careers as well as assist in finding funding.
- Information is specific to Monroe Township High School.
- Counselors can update students and parents about up-coming meetings, news, events, and other Web resources for college and career information

Clubs at MTHS >

College Acceptances >

College Research Resources >

Crisis Contacts >

Financial Aid Resources >

Graduation Requirements >

Honor Roll & Principal's List >

Honors Academy >

National Honor Society >

Alumni Transcript Request



Click Here to Practice
NEW SAT for FREE



Click Here to Create an
Account & Get PSAT Scores



Click Here for
ASVAB Study Guide



College Search - Profile

The screenshot shows a web browser window with the address bar displaying `student.naviance.com/colleges/profile/c5311826-4de3-4fe5-96e6-1ce50cec94c/Overview`. The page header features the Naviance logo and navigation links: Home, Self-Discovery, Careers, Colleges, and Planner. A green arrow points to the 'Colleges' link. On the right side of the header, there are icons for a heart, a speech bubble, an envelope, a user profile (MS), and an 'About Me' dropdown, along with a 'LOG OUT' button.

The main content area displays the profile for Rutgers University-New Brunswick. It includes the university's logo, name, location (Piscataway, NJ, United States), and website (`admissions.newbrunswick.rutgers.edu`). Below this, there are four buttons: 'Virtual Tour', 'Communicate', 'Apply Online', and 'Learn More'. A quote is displayed: "I have held off on emailing everyone as he has had a better year (overall) than last year." Below the quote are tabs for 'Overview', 'Studies', 'Student Life', 'Admissions', and 'Costs'. The 'Overview' tab is selected and highlighted with a red bar. Below the tabs is a carousel of images: a large ornate archway, a classroom scene with a teacher and students, and a group of students working at computers.

At the bottom of the page, there is a search bar labeled 'Search by College Name'. To the right of the search bar are three buttons: 'THINKING ABOUT', 'APPLYING TO', and 'MORE'. A 'Show Me How' button with a magnifying glass icon is also present. The Windows taskbar is visible at the very bottom of the image, showing the time as 7:35 PM on 12/1/2021.

Tips for Success at MTHS

- Be proactive.
- Build relationships with your teachers and counselors.
- Keep the lines of communication open.
- Utilize your resources - attend extra help and ask questions if you do not know the answer.
- Learn how to advocate for yourself with the help of parents and school staff.
- Get involved (Clubs, activities, sports)
- Stay up to date with the CCCC website, Counselor Schoology pages, Newsletter, Naviance messages, and e-mails

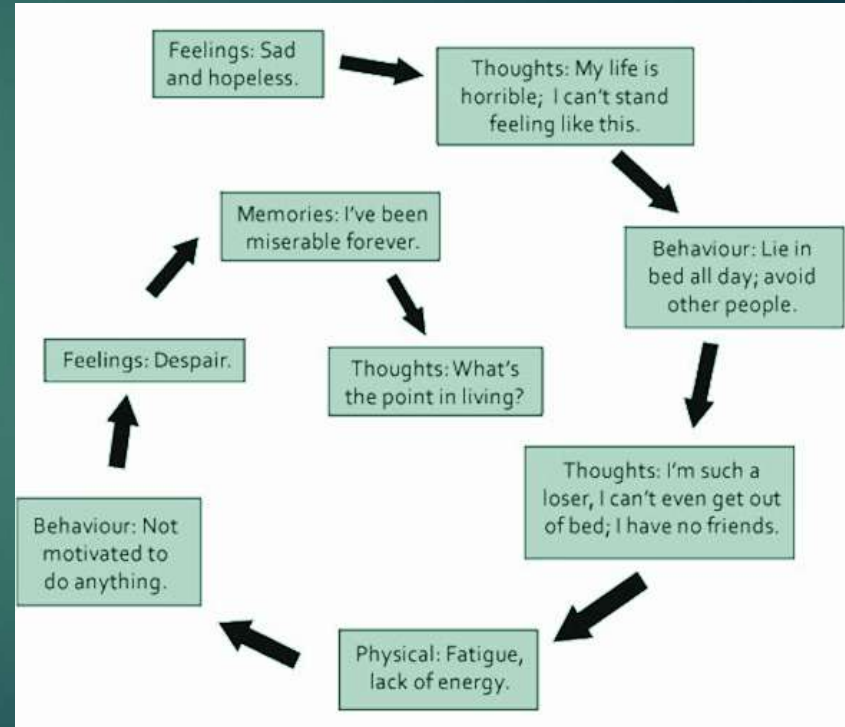
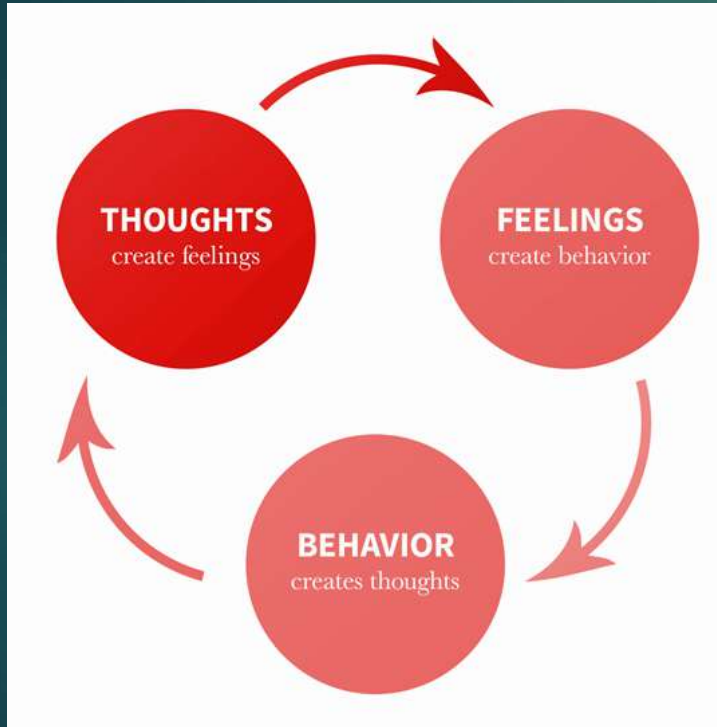


A Key Factor in Academic Success: Mental Health

- ▶ Research shows that there is a relationship between mental health and academic achievement in that it can influence academic achievement positively or negatively.



Thoughts-Feelings-Behavior Cycle

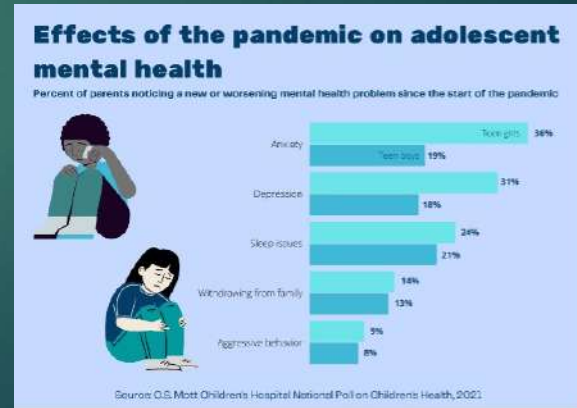
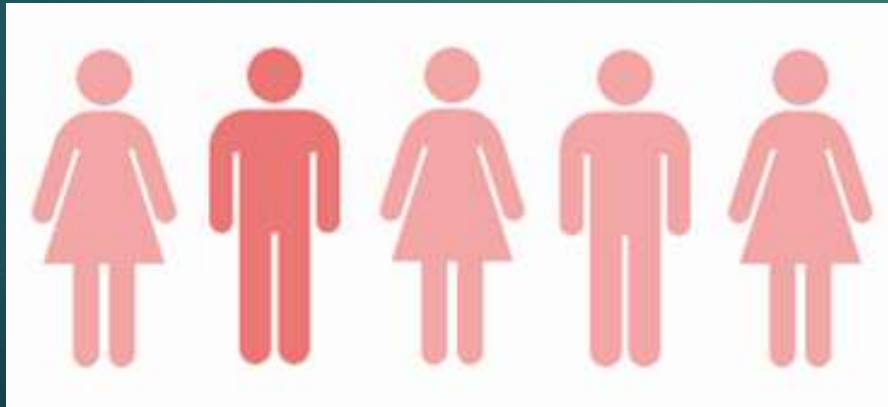


Adolescence is a crucial period for developing social and emotional habits important for mental well-being. While most adolescents experience positive mental health, **1 in 5 people will experience a serious mental health disorder at some point in their lives.**

Mental health problems start early, with half beginning by 14 years old.

Early intervention is crucial.

Unfortunately, mental health concerns often **not addressed** due to stigma, fear of consequences, lack of knowledge, etc



Healthy versus Unhealthy Expressions

Stress

Anxiety

Stress can provide a source of motivation, however, too much stress can cause **anxiety**, which can become debilitating

Sadness

Depression

Sadness is a typical emotional reaction to an upsetting event, however, **depression** is persistent and prolonged sadness that can affect all areas of a person's functioning

Independence

Isolation

Independence is a normal shift from spending less time with family and more time with friends. however **isolation** is a cut off of all social

When to seek help

When looking at your child's behavior, consider the following:

- What behaviors are you seeing? (crying often, anger outbursts, avoidance, etc.)
- How often is it happening? How long has it been occurring?
- Are the behaviors outside of the typical developmental age range?
- Does the behavior interfere with your child's life and functioning? How much or to what degree?

According to the National Institute of Mental Health (NIMH), a child or teen might need help if they:

- Often feel very angry or very worried
- Sleeping or eating too much or too little
- Lose interest in activities that they used to enjoy
- Isolate themselves and avoid social interactions
- Feel grief for a long time after a loss or death
- Use alcohol, tobacco, or other drugs
- Obsessively exercise, diet and/or binge eat or restrict
- Aggressive towards others or bullying
- Engage in risky or destructive behavior
- Have low or no energy or high, manic energy
- Feel like they can't control their emotions
- Have thoughts of suicide
- Harm themselves (e.g., cutting or burning their skin)
- Think their mind is being controlled or hearing voices

Seeking help

For more information, please contact the SAC, School Counselor, or Case Manager

Counseling:

- ★ PerformCare
 - Mobile Response
- ★ Insurance



School counseling is not a replacement for therapy

Resources:

Counseling Website:

<https://www.monroe.k12.nj.us/domain/129>

Clubs at MTHS:

<https://www.monroe.k12.nj.us/Page/14911>

Thank you for joining us!

QUESTIONS???

